

Corn Chowder

Meal Components: Vegetable

Soups & Stews, H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped	2 oz	? cup	4 oz	? cup	<ol style="list-style-type: none"> In a heavy pot, sauté onions and celery in margarine or butter until tender, about 5 minutes.
OR		OR		OR	
Dehydrated onions		3 Tbsp		¼ cup 2 Tbsp	
*Fresh celery, ¼" diced	2 oz	½ cup	4 oz	1 cup	<ol style="list-style-type: none"> Add flour and cook for 1 minute stirring continuously. Slowly add hot milk and chicken stock to flour mixture. Whisk until smooth and thickened. Add potatoes and simmer for 10 minutes. Stir in corn, salt, and pepper. CCP: Heat to
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 oz	¾ cup	6 oz	1 ½ cups	
Lowfat 1% milk, hot		1 qt 1 cup		2 qt 2 cups	
Chicken stock, non-MSG		1 qt 1 cup		2 qt 2 cups	
*Fresh potatoes, peeled, ¼" cubes	1 lb 1 oz	3 ¼ cups	2 lb 2 oz	1 qt 2 ½ cups	
Canned yellow corn, cream-style	1 lb 10 oz	2 ? cups (1 ¾ No.	3 lb 4 oz	1 qt 1 ? cups (3 ½	

Salt 2 tsp 1 Tbsp 1 tsp

Ground black or white pepper ¼ tsp ½ tsp

6. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Mature onions	3 oz	6 oz
Celery	3 oz	6 oz
Potatoes	1 lb 5 oz	2 lb 10 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 7 lb 3 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 14 lb 6 oz	50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving					
Calories	94	Saturated Fat	0.91 g	Iron	0.36 mg
Protein	2.87 g	Cholesterol	2 mg	Calcium	66 mg
Carbohydrate	13.72 g	Vitamin A	251 IU	Sodium	333 mg
Total Fat	3.46 g	Vitamin C	3.2 mg	Dietary Fiber	0.8 g