



**Nutrition
information
per serving:**

Calories

300

Carbohydrate

51 g

Dietary Fiber

6 g

Protein

12g

Total Fat

6 g

Saturated Fat

2.5 g

Trans Fat

0 g

Cholesterol

10 mg

Sodium

300mg



Soup



Potato Corn Chowder

Try this soup with a drizzle of adobo sauce from canned chipotle peppers for a little heat.

Makes 6 serving. 2 cups per serving. | **Prep time:** 15 minutes | **Cook time:** 30 minutes

1. Add broth to a large saucepan and bring to a boil.
2. When broth comes to a boil, add the vegetables and thyme. Cover and cook over medium-low heat for 20 minutes.
3. Remove from heat and break up potatoes using a potato masher, or press against the side of the pot with a wooden spoon.
4. Stir in milk, cheese, and pepper and cook over medium-high heat for a minute more or until very hot.
5. Serve immediately with cilantro, crushed chips, and light sour cream as optional toppings.

- 4 cups canned low sodium chicken broth
- 3 stalks celery, chopped
- 2 pounds russet potatoes (about 4 large potatoes), peeled and cut into small bite-size pieces
- 1½ cups chopped onion
- 1¾ cups frozen corn, thawed (may substitute fresh or canned, unsalted corn)
- 1 (7-ounce) can diced green chiles, drained
- 1 teaspoon dried thyme
- 1 cup fat free milk
- ¾ cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses
- Ground pepper to taste

tip: Use a blender for a smoother soup.



Optional Toppings

- Chopped fresh cilantro
- Crushed chips
- Light sour cream

