

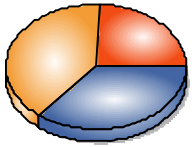


Chicken Corn Chowder Too

By: Modified by DrJez LLC from Graham Kerr

Recipe grams: 2079.65g/73.4oz

Serves 6 346.61g/12.2oz per serving



Protein: 20%
Carbohydrates: 64%
Fat: 17%

INGREDIENTS

1 tbsp OLIVE OIL, EXTRA VIRGIN
3 cups ONION, RAW
20 oz CORN, YELLOW, FROZEN
1 tsp THYME, DRIED
1 tsp PARSLEY, DRIED
1 dash SALT, TABLE
1 dash PEPPER, BLACK, GROUND
12 fl oz MILK, COW'S, NONFAT, EVAPORATED (SKIM)
2 cups MILK, COW'S, NONFAT (SKIM)
2 tbsp CORNSTARCH
1 oz TURKEY BACON
1 unit CHICKEN BACK, ROASTED, MEAT ONLY
1/2 cup RED PEPPER, SWEET, RAW

DIRECTIONS

Dice onions, bacon and peppers

Heat oil in sauce pan over medium heat. Saute 2 cups of the onions and until 1/2 cup of corn until very soft. Stir frequently so that the onion does not brown. Add thyme, parsley, salt and pepper. Transfer onion mixture to a food processor, add 1/2 cup evaporated milk and process until smooth. Add remaining evaporated milk and continue process until smooth and silky

Reheat the saucepan and saute the bacon, pepper and remaining parsley. Return processed mixture to saucepan and add remaining corn, onions, peppers and chicken. Reserve about 1/4 cup of milk in a small dish and add remaining milk to saucepan. Bring to a low gentle boil.

Combine reserved milk with cornstarch to make a slurry. Remove pan from heat and add the slurry. Return to heat and bring to a boil, stirring constantly until thickened.

Serve in bowls, topped with a sprinkle of sharp 2% cheddar cheese for a little added punch!

Nutrition Facts

Serving Size: 1 serving (346.6g)
Servings: 1

Amount Per Serving

Calories 250 Calories from Fat 45

% Daily Value*

Total Fat 4.5g **8%**

Saturated Fat 1g **6%**

Trans Fat 0g

Cholesterol 10mg **4%**

Sodium 210mg **8%**

Total Carbohydrate 42g **15%**

Dietary Fiber 4g **15%**

Sugars 19g

Protein 13g

Vitamin A 20%

• Vitamin C 60%

Calcium 30%

• Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet.