

Cheese and Corn Chowder

Serves 6



Ingredients:

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- ½ cup chopped onion
- 1 cup water
- 1 can cream style corn
- ¼ teaspoon pepper
- ⅔ cup nonfat dry milk mixed with 1½ cups water
- ½ cup shredded cheddar cheese

Directions:

1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
2. Combine potatoes, carrots, celery, and onion in pan. Add one cup water. Cover and simmer 10 minutes.
3. Add corn and pepper. Cook five more minutes or until vegetables are cooked.
4. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
5. Serve hot.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (292g)
Amount per serving	
Calories	180
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 290mg	13%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 209mg	15%
Iron 0mg	0%
Potassium 483mg	10%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.



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