

Corn and Cheese Chowder

Ingredients

- 2 cups diced potatoes (can use 2 cans potatoes, or 1 bag frozen potatoes)
- 1 cup sliced carrots (can use 1 can carrots, or 1 bag frozen carrots)
- 1/2 cup chopped onion
- 1 can low-sodium corn (can use 1 bag frozen corn)
- 1 1/2 cup milk (nonfat or 1% preferred)
- 1/2 cup shredded cheddar cheese
- 1 cup water
- Black pepper, to taste

Directions

1. Combine potatoes, carrots, and onion in a pan with water and cover with lid. Simmer 10 minutes.
2. Drain and rinse canned corn.
3. Add corn and black pepper (to taste), to the pan. Cook 5 more minutes.
4. Add milk and cheese. Stir until cheese melts and chowder is heated through.

Extension

UtahStateUniversity.



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