

Corn Chowder

Ingredients

- 4 cups potatoes, diced
- 1 cup carrots, sliced
- 1 small onion, chopped
- 2 cans corn or 2 cups frozen corn
- 1 (12 oz) can evaporated milk, OR 1 1/2 cups milk, low-fat preferred
- Salt and pepper, to taste
- 4 cups water

Directions

1. Combine potatoes, carrots, and onions in a pan with the water.
2. Cover with lid and simmer 10 minutes, or until vegetables are soft.
3. If using canned corn, drain and rinse.
4. Add corn, evaporated milk or milk, salt and pepper to the pan.
5. Stir until chowder is heated through.

Tip: Potatoes, carrots, onion, and corn can be fresh, frozen, or canned.

Extension

UtahStateUniversity.



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