

Crock Pot Corn Chowder

Provided by Placer/Nevada UC CalFresh Nutrition Education Program and the Auburn Interfaith Food Closet

RECIPE TYPE: Soup, vegetable dish

SERVES: 6

PREP TIME: 20 minutes

TOTAL COOK TIME: 7 to 9 hours



INGREDIENTS:

- 2 tablespoons butter or trans-fat free margarine
- 1/2 medium onion, chopped
- 1 clove garlic, minced
- 2 celery stalks, chopped (about 1 cup)
- 3 carrots, peeled and sliced (about 1 cup)
- 1 tablespoon all-purpose flour
- 3 potatoes, peeled and cut into 1/2" pieces (about 2½ cups)
- 2 cans (15-oz. each) whole kernel corn, drained
- 1 can (4-oz.) roasted diced green chiles
- 2 cups chicken or vegetable broth
- 1/4 teaspoon pepper
- 2 cups milk
- Salt to taste

DIRECTIONS:

1. In a medium pan, sauté onion, garlic, celery, and carrot in butter or margarine until onion is soft, about 5 minutes. Stir in flour, and cook for another minute. Add to crock pot.
2. Add potatoes, corn, green chiles, broth, and pepper to crock pot. Stir to combine.
3. Cover. Cook on Low setting 7 to 9 hours. Let cool slightly, about 10 minutes.
4. Puree half of the batch in a blender. Return pureed mixture to cooker and stir in milk. Cover. Cook on High setting 1 more hour. Add salt to taste.



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