

Crock Pot Corn Chowder

*Provided by CalFresh Healthy Living UCCE
Placer/Nevada Counties, 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, peeled and chopped
- 1 clove garlic, minced
- 2 celery stalks, rinsed and 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, rinsed and 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. Wash hands. 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. If a creamier consistency is desired, 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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