



CORN CHOWDER

Final Lifestyle

Ingredients

- 2 TBS olive oil
- 1 onion, diced
- 5 garlic cloves, chopped
- 2 TBS all purpose flour
- 2 red bell peppers, seeded and chopped
- 2 carrots, peeled and chopped
- 2 cups corn niblets or kernels (frozen or fresh)
- 1 potato, peeled and diced
- 3 cups fat-free milk
- 2 cups lower-sodium vegetable broth
- 1 TSP dried thyme
- ½ TSP black pepper
- 1-1/2 cups canned cannellini, Great Northern, or other white beans, drained and rinsed

Instructions

1. Heat the oil in a medium stockpot over medium-high heat. Add the onion and garlic and sauté for 2 minutes. Stir in the flour and cook for 1 minute, stirring constantly. Add the peppers, carrots, and corn and stir well.
2. Stir in the potato, milk, broth, thyme and pepper. Bring to a boil, reduce the heat, and simmer for 15 to 20 minutes or until the potatoes are tender.
3. Meanwhile, mash the beans with a fork in a small bowl until they form a paste. Stir the beans into the soup and cook until warmed through.

Portion-Per-Serving Information (Yields 10 servings): 1 serving = 1 cup = 1 P