

CORN CHOWDER WITH CHILES AND MONTEREY JACK

Yield: 1 ½ Quarts (8 portions)

Ingredients	Amounts
Corn kernels, fresh or frozen	2 cups
Heavy cream	½ cup
Bacon	1 slice
Onion, finely diced	½ cup
Red pepper, finely diced	½ cup
Celery, finely diced	½ cup
Garlic clove, minced	1 ea.
Chicken stock	3 cups
Potatoes, peeled and diced	1 cup
Tomatoes, peeled, seeded, diced	½ cup
Canned green chilies, drained, chopped	¼ cup
Monterey Jack cheese, shredded	½ cup
Salt	½ tsp.
Black Pepper	½ tsp.
Tabasco sauce	½ tsp.

Method

1. Reserve ½ cup of the corn kernels and puree the rest with the heavy cream in a food processor or blender. Reserve until needed.
2. Put the bacon in between 2 paper towels and microwave at P10 for 2 minutes. Crumble, reserve until needed.
3. Put the onions, red pepper, celery, and garlic with a ½ cup of the chicken stock in a 2 qt. microwave bowl and cook at P10 for 4 minutes, stirring once.
4. Add the rest of the broth, potatoes, and tomatoes, including their juices. Cook at P10, covered, for 5 minutes.
5. Add the pureed corn and cream, the reserved corn kernels, the chilies, cheese, and crumbled bacon. Microwave at P10, covered, for an additional 5 minutes.
6. Adjust seasoning with salt, pepper, and Tabasco.

Nutrition Facts

Serving Size 1 serving (214g)	
Servings Per Container 8	
Amount Per Serving	
Calories 170	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 400mg	17%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 6g	
Vitamin A 15%	• Vitamin C 35%
Calcium 2%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	