

Corn Chowder

Makes 6 servings.

From Linda Arnold of the Grandview Lodge in Waynesville, N.C. The carrot in the mixture leaves little flecks of gold in the chowder. From "Soup's On!" by Gail Hobbs and Bob Carter (Gold Coast Press, \$12.95).

- 3 tablespoons butter or oil
- 1 medium onion, coarsely chopped
- 2 ribs celery, coarsely chopped
- 2 carrots, coarsely chopped
- 2 cloves garlic
- 1 green pepper, seeded and chopped, divided
- 8 cups or 4 (14.5-ounce) cans chicken broth
- 1 teaspoon dried thyme leaves
- 1 bay leaf
- 1 large potato, peeled and coarsely chopped
- 2 cups fresh or frozen corn, divided
- Salt to taste
- 1½ cups evaporated milk or half-and-half

■ In a large saucepan or Dutch oven, heat butter or oil. Add onion, celery, carrots, garlic and about half of the green pepper.

■ Cook, covered, over medium heat for about 5 minutes, stirring occasionally. Add chicken broth, herbs, potato and 1 cup of the

corn. Bring to a boil, reduce heat to medium and simmer 10 to 15 minutes or until vegetables are tender.

■ Using a slotted spoon, remove the vegetables from the broth (discard bay leaf). Working in batches if necessary, puree in a blender or food processor. Finely mince remaining green pepper. Add to soup with remaining 1 cup corn and the puree. Cook for 5 to 10 minutes. Taste and add salt if necessary.

■ Stir in evaporated milk or half-and-half and serve.

■ **Approximate nutrients per serving:** 273 calories, 49 percent calories from fat, 11 grams protein, 25 grams carbohydrate, 15 grams fat, 31 milligrams cholesterol, 6 grams saturated fat, 9 grams unsaturated fat, 1,229 milligrams sodium, 2.87 grams dietary fiber.

Notes:

.....
.....
.....
.....
.....
.....
.....