Ham, Cheese and Corn Chowder: Add 1/2 cup cubed cooked ham.

Note:
5. Add milk and cheese. Stir until cheese melts and chowder is heated through.
4. Add corn and pepper; cook 5 more minutes or until vegetables are cooked.
3. Add 1 cup water. Cover and simmer 10 minutes.
2. Combine potatoes, carrots, celery, onion and seasonings in pan.
1. Wash hands and tops of the cans.

Instructions:
1/2 cup shredded cheddar or American cheese
1/2 cups nonfat milk
1 can cream style corn
1/4 teaspoon pepper
1/2 cup chopped onion
1 cup chopped celery
2 cups diced potatoes

Yield: 6 servings
Serving Size: 1/6 of recipe