Cheese and Corn Chowder

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

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

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

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

Cost:
Per Recipe: $ 2.48
Per Serving: $ 0.41

Adapted from: Montana Extension Nutrition Education Program Website, Recipes Montana State University Extension Service
Source - USDA at http://recipefinder.nal.usda.gov/