

Cheese and Corn Chowder

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 4-6 servings



Ingredients

- 2 cups potatoes, diced
- 1 cup carrot, sliced
- 1 cup celery, chopped
- ½ cup onion, chopped
- ¼ teaspoon ground black pepper
- 1, 15-ounce can cream-style corn
- 1 1/2 cups nonfat milk
- ½ cup shredded cheese

Directions

1. Wash hands with soap and water.
2. Combine potatoes, carrots, celery, onion, and seasonings in a sauce pan.
3. Add 1 cup water. Cover and simmer for 10 minutes.
4. Add corn and ground pepper. Cook 5 more minutes or until vegetables are tender.
5. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil.
6. Serve hot, and enjoy!

Recipe from MyPlate.gov