

Corn Chowder

Ingredients

Vegetable oil (Canola)	⅓ cup	75 mL
Celery, chopped	5 cups	1.25 L
Onion, chopped	4 cups	1 L
Green bell pepper, chopped	4 cups	1 L
Corn, frozen	25 cups	6.25 L
Potatoes, peeled, diced	12 ½ cups	3.13 L
Water	6 cups	1.5 L
Paprika	2 tsp	10 mL
Black pepper, ground	To taste	
Milk, 1 % M.F.	12 ½ cups	3.13 L
All purpose flour	1 ½ cups	375 mL
Fresh parsley, chopped	¼ cup	60 mL

Directions

1. Heat oil in medium saucepan.
2. Add celery, onion, and green pepper and sauté for 2 minutes.
3. Add corn, potatoes, water, paprika, and pepper. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender.
4. Place 2 ½ cups (625 mL) milk in a jar with tight fitting lid. Add flour and shake vigorously.
5. Add gradually to cooked vegetables and add remaining milk.
6. Cook, stirring constantly, until mixture comes to a boil and thickens.
7. Portion ¾ - 1 cup (175–250 mL) amounts of corn chowder into 50 serving bowls. Serve garnished with chopped fresh parsley.

Makes 50 1 cup(250 mL) servings.

Nutrition Facts	
Per 1 cup (257 g)	
Amount	% Daily Value
Calories 170	
Fat 3 g	5 %
Saturated 0.5 g + Trans 0 g	3 %
Cholesterol 5 mg	
Sodium 45 mg	2 %
Carbohydrate 34 g	11 %
Fibre 3 g	12 %
Sugars 5 g	
Protein 6 g	
Vitamin A 7 %	Vitamin C 35 %
Calcium 9 %	Iron 7 %

Nutrient Claim	Amount per Serving
Source of fibre	3 g
Low in fat	3 g
Low in sodium	45 mg
Source of calcium	91 mg
Source of iron	1.0 mg

Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	2
Grain Products	0
Milk and Alternatives	¼
Meat and Alternatives	0

Alberta Nutrition Guidelines Category

Choose Most Often
(Mixed Dish)



Recipe Tips

- Using flour and 1% milk to thicken the chowder instead of cream, helps lower the amount of saturated (bad) fats and makes this recipe “Choose Most Often.”
- Shopping Bite: 5 ½ large potatoes (7.6–10.8 cm diameter) will yield 12 ½ cups of diced potatoes. Any type of potato will work in the recipe, but Russets are usually cheaper.
- For a Southwestern style, add cumin, chili powder, and garnish with crushed tortilla chips and diced tomatoes.