# **Cheese and Corn Chowder**

Serves 6

#### Inaredients:

- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- <sup>1</sup>/<sub>2</sub> cup chopped onion
- 1 cup water
- 1 can cream style corn
- <sup>1</sup>/<sub>4</sub> teaspoon pepper
- <sup>2</sup>/<sub>3</sub> cup nonfat dry milk mixed with 1<sup>1</sup>/<sub>2</sub> cups water
- 1/2 cup shredded cheddar cheese

### Directions:

- 1. Wash hands with soap and warm water. Wash fresh vegetables before preparing.
- 2. Combine potatoes, carrots, celery, and onion in pan. Add one cup water. Cover and simmer 10 minutes.
- 3. Add corn and pepper. Cook five more minutes or until vegetables are cooked.
- 4. Add milk and cheese. Stir until cheese melts and chowder is heated through. Do not boil. Nutrition Facts
- 5. Serve hot.

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6 servings per container Serving size

Amount per serving

Saturated Fat 2g

Trans Fat 0g Cholesterol 10mg

Sodium 290mg Total Carbohydrate 31g

Protein 8g Vitamin D 0mcg

Iron Omg

Calcium 209mg

Potassium 483mg

Dietary Fiber 3g

Total Sugars 12g

Includes 0g Added Sugars

Calories

Total Fat 3g

1 cup (292g)

% Daily Value

80

4%

10%

3% 13%

11%

11%

0%

0%

15%

0%

10%

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- 2 cups diced potatoes
- 1 cup sliced carrots
- 1 cup chopped celery
- $\frac{1}{2}$  cup chopped onion
- 1 cup water
- 1 can cream style corn
- 1/4 teaspoon pepper
- <sup>2</sup>/<sub>3</sub> cup nonfat dry milk mixed with 1<sup>1</sup>/<sub>2</sub> cups water
- 1/2 cup shredded cheddar cheese

### Directions:

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- 5. Serve hot.

6 servings per container Serving size 1 cup (292g	
Amount per serving Calories	180
% D:	aily Value
Total Fat 3g	49
Saturated Fat 2g	105
Trans Fat 0g	
Cholesterol 10mg	39
Sodium 290mg	135
Total Carbohydrate 31g	115
Dietary Fiber 3g	115
Total Sugars 12g	
Includes 0g Added Sugars	05
Protein 8g	
Vitamin D 0mcg	09
Calcium 209mg	159
Iron Omg	09
Potassium 483mg	109

The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition

This interest was tomoted by OSAPS supplemental redundon Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689

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