



## Healthy Eating Initiative: Creamy Corn Chowder

This hearty and veggie-packed corn chowder is a family favorite. Corn, potato, and whipping cream make the chowder's base – toss in fresh spinach for added nutrition or sautéed shrimp for protein. This easy recipe can be made any time of the year.

### INGREDIENTS

- 2 tablespoons of olive oil
- ½ medium onion chopped small
- 3 sticks of celery chopped small
- 2 medium carrots peeled and chopped small
- 2 cloves of minced garlic
- ¼ cup of flour
- 4 cups of chicken broth or stock
- 1 cup of heavy whipping cream
- 4 cups of frozen or fresh corn
- 2 large Russet potatoes peeled and diced
- ¼ teaspoon of Italian seasoning (a blend of ground herbs including basil, oregano, rosemary, thyme, marjoram, garlic, sage, and coriander)
- 1 pinch of cayenne pepper
- Salt and pepper to taste
- Cilantro for garnish
- Optional add-ins: fresh spinach and shrimp



### INSTRUCTIONS

1. Heat the olive oil in a Dutch oven or large pot.
2. Add the onion, celery, and carrots to the pot and sauté for 5 minutes.
3. Stir in the minced garlic and cook for an additional 30 seconds.
4. Stir in the flour and cook for about a minute, stirring constantly.
5. Add the chicken broth and stir to dissolve the flour. Scrape the bottom of the pot to incorporate the bits of browned vegetables.
6. Add the cream, corn, potatoes, Italian seasoning, and cayenne pepper. Increase the heat to high and bring the soup to a boil. Once it's boiling, reduce the heat to a gentle boiling. Cover the pot so that the lid is slightly ajar, which will allow moisture to escape.
7. Cook until the potatoes are tender (about 15-20 minutes). Stir occasionally. The soup will thicken the longer it cooks.
8. Season the soup with salt and pepper to taste.
9. Add 1 ½ cups of the soup to a blender and return the slurry to the pot. Garnish your soup with cilantro and enjoy!



**Servings:** 6

**Cook Time:** 40 minutes

**Calories:** 350

**Recipe Credit:** [www.saltandlavender.com](http://www.saltandlavender.com)

**Prep Time:** 10 minutes

