



Creamy Potato and Corn Chowder

Ingredients

4 cups raw diced potatoes

¼ cup finely chopped onion

1½ cups water

1½ cups potato cooking liquid

1½ cup evaporated skim milk

1 (16-ounce) can corn

2 Tablespoons butter

1 teaspoon salt

dash of pepper

Makes 6 servings

Instructions

1. Cook potatoes and onion in water in covered saucepan until tender (about 15 minutes). Drain and mash potatoes, save cooking liquid and set aside.
2. Measure liquids. Slowly stir liquid into potatoes. Add corn, butter, salt and pepper.
3. Simmer 15 minutes to blend flavors.

Nutrition Facts

Serving Size 1 1/2 cup
Servings Per Container 6

Amount Per Serving

Calories 340 **Calories from Fat 40**

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 530mg **22%**

Total Carbohydrate 64g **21%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 10g

Vitamin A 8% • Vitamin C 30%

Calcium 20% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

12% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

January 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

