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Corn Chowder

Ingredients

10 oz package of reduced-fat Jimmy Dean or Bradley's bulk sausage (you could also use a chicken or turkey sausage)
1 onion, diced
1 red bell pepper, diced (optional)
2 large white potatoes, peeled and cubed
4 cups 50% reduced sodium chicken broth
1 1/2 cups frozen corn (I like Today's Harvest Silver Queen corn - available at Publix)
1 15 oz. can creamed corn
4 Tablespoons whipped cream cheese
Freshly ground pepper

Directions

1. In a large pot, cook and crumble sausage until brown. Remove sausage from pan and let drain on a paper-towel covered plate. Drain drippings
2. Add 1 teaspoon drippings back to pot. Cook onions and red pepper for 5 minutes over medium heat. Add potatoes and chicken broth and bring to a boil. Reduce heat to medium and cook for 7 to 10 minutes, until potatoes are tender.
3. Add frozen corn, creamed corn, and sausage to pot and simmer for 5 minutes. Add cream cheese and cook, stirring often, until cheese is melted, about 10 minutes. Add pepper to taste.

Servings: 6

Nutrition Information

Calories: 352 Fat: 12 g Saturated Fat: 4 g Protein: 16 g Sodium: 920 mg
Cholesterol: 16 mg Carbohydrates: 47 g Fiber: 5 g Sugars: 10 g