

Corn Chowder II

Beverly Brock

St Timothy's - Hale Schools - Raleigh, NC - 1976

*2 medium potatoes, diced
salt (to taste)*

*1 can tomatoes, mashed
pepper (to taste)*

1 large onion

1 can cream-style corn

1/2 cup milk

1 cup cheese, grated

In a pot, cook the potatoes in water with the onion and salt until done.

Add the corn, tomatoes, milk and pepper. Mash a little.

Before serving, add grated cheese.

Per Serving (excluding unknown items): 335 Calories; 5g Fat (12.6% calories from fat); 11g Protein; 65g Carbohydrate; 7g Dietary Fiber; 17mg Cholesterol; 89mg Sodium. Exchanges: 3 Grain(Starch); 3 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.