

Corn Chowder III

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Servings: 4

*1 can (16 ounce) cream-
style corn
2 cups milk
1/2 teaspoon parsley flakes
2 tablespoons minced onion
1 teaspoon sugar
1/4 teaspoon poultry
seasoning OR thyme
1 tablespoon instant
chicken bouillon
2 tablespoons butter or
margarine
1/2 teaspoon seasoned salt
1 large white Idaho potato,
diced*

Steam the potato until tender. Drain well.

In a large saucepan, combine all of the remaining ingredients. Add the potato.

Heat until just boiling.

Simmer until ready to serve.

Per Serving (excluding unknown items): 132 Calories; 10g Fat (66.1% calories from fat); 4g Protein; 7g Carbohydrate; trace Dietary Fiber; 32mg Cholesterol; 289mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 2 Fat; 0 Other Carbohydrates.