
Cheesy Corn and Ham Chowder

Betsy Fant Jones

Party Recipes from the Charleston Junior League - 1993

4 tablespoons butter
2 1/2 cups shredded carrots
1 cup chopped onion
1/2 cup unbleached all-purpose flour
4 cups milk
3 cups chicken broth
2 cups chopped country ham
2 cups fresh corn, cut off the cob
1 teaspoon Worcestershire sauce
2 cups grated Cheddar cheese
1 teaspoon salt
1 teaspoon freshly ground pepper

Melt the butter in a Dutch oven over low heat. Add the carrots and onions. Saute' over low heat until tender but not brown, about 10 minutes. Blend in the flour. Cook, stirring, for 3 minutes. Add the milk and broth and cook over low heat, stirring constantly, until the mixture has thickened.

Add the ham, corn, Worcestershire sauce, cheese, salt and pepper. Continue to cook, stirring constantly, until the cheese has melted. Serve immediately.

(Note: If you are not able to serve the soup immediately, reserve the cheese to add just before you reheat it, otherwise the mixture may curdle.

Yield: 8 to 10 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 2502 Calories; 162g Fat (57.0% calories from fat); 119g Protein; 157g Carbohydrate; 21g Dietary Fiber; 495mg Cholesterol; 6983mg Sodium. Exchanges: 4 Grain(Starch); 9 1/2 Lean Meat; 8 1/2 Vegetable; 4 Non-Fat Milk; 25 Fat; 0 Other Carbohydrates.