

## **Corn and Chicken Chowder**

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**Preparation Time: 30 minutes**

**Cook time: 21 minutes**

**6 fresh ears of corn or 3 cups of frozen corn**

**1 tablespoon vegetable oil**

**3/4 cup onion, chopped**

**3/4 cup green or red sweet pepper, chopped**

**1 can (14.5 oz) chicken broth**

**1 cup potato, peeled and cubed**

**1 cup half-and-half light cream or milk**

**2 tablespoons all-purpose flour**

**2 teaspoons snipped fresh thyme**

**1/4 teaspoon salt**

**1/4 teaspoon ground black pepper**

**1 1/4 cups (6 oz) cooked chicken, chopped**

**2 slices bacon, crisp-cooked, drained and crumbled**

**fresh thyme sprigs (optional)**

If using fresh corn, use a sharp knife to cut the kernels off the cob. Set aside.

In a large saucepan, heat the oil over medium heat.

Add the onion and sweet pepper. Cook until tender but not brown. Stir in the broth, potato and corn.

Bring to boiling. Reduce heat and simmer, covered, about 20 minutes or until the potato is tender, stirring occasionally.

In a small bowl, combine the half-and-half, flour, thyme, salt and pepper. Stir into the corn mixture.

Cook and stir until the mixture is thickened and bubbly. Cook and stir for 1 minute more.

Add the chicken and bacon. Cook and stir until heated through.

Garnish with thyme sprigs, if desired.

**Yield: 5 1/2 cups**

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Per Serving (excluding unknown items): 757 Calories; 30g Fat (35.8% calories from fat); 69g Protein; 51g Carbohydrate; 5g Dietary Fiber; 160mg Cholesterol; 1646mg Sodium. Exchanges: 2 1/2 Grain(Starch); 8 1/2 Lean Meat; 2 Vegetable; 3 1/2 Fat.