

Corn and Potato Chowder (Slow Cooker)

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Servings: 4

*12 ounces red potatoes, cut into
3/4-inch pieces
1 medium onion, chopped
1 bulb fennel, cut into 1/4-inch
pieces
1 1/2 cups frozen corn
2 cloves garlic, finely chopped
3 ounces cured chorizo, cut into
1/4-inch pieces
2 tablespoons flour
Kosher salt
pepper
4 cups low-sodium chicken broth
6 sprigs fresh thyme
1/3 cup half-and-half
fennel fronds (optional) (for topping)*

Preparation Time: 20 minutes

Slow Cooker Time: 6 hours 20 minutes

In a five- to six-quart slow cooker, toss the potatoes, onion, fennel, corn, garlic and one-half of the chorizo with the flour, 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Stir in the chicken broth and thyme.

Cook, covered, until the potatoes are tender, 3-1/2 to 4-1/2 hours on HIGH or 5 to 6 hours on LOW.

10 minutes before serving, cook the remaining chorizo in a skillet over medium-high heat, tossing occasionally until browned and crisp, 3 minutes.

Discard the thyme twigs from the chowder. Stir in the half-and-half. Sprinkle crispy fennel fronds on top, if desired.

Per Serving (excluding unknown items): 186 Calories; 3g Fat (11.9% calories from fat); 16g Protein; 38g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 60mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable.