

Corn Chowder IV

Grace B Kowal

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/4 pound fat salt pork
1 medium onion
2 cups sliced potatoes
1 can (20 ounce) corn
1 quart milk
salt
pepper*

Dice the salt pork and fry out. Add the sliced onion. Cook for 5 minutes, stirring often to prevent burning.

Parboil the potatoes for 5 minutes in boiling water to cover. Add to the fat. Cook until tender.

Add the corn and scalded milk. Heat to the boiling point.

Season to taste with salt and pepper.

Per Serving (excluding unknown items): 719 Calories; 34g Fat (41.2% calories from fat); 36g Protein; 72g Carbohydrate; 4g Dietary Fiber; 133mg Cholesterol; 495mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Vegetable; 4 Non-Fat Milk; 6 Fat.