

Corn Chowder

Mary R Buffington

The Pennsylvania State Grange Cookbook (1992)

Servings: 4

1/4 cup onion, chopped

1/4 cup butter, softened

1/4 cup flour

2 cups milk

*2 cans (16 ounce ea) whole
kernel corn*

*1 can (17 ounce) cream-
style corn*

salt (to taste)

pepper (to taste)

In a saucepan over low heat, cook the onion in butter just until tender. Stir in the flour. Stir in the milk gradually. Cook until thickened, stirring constantly.

Stir in all of the corn. Cook until heated through.

Salt and pepper to taste.

Per Serving (excluding unknown items): 209 Calories; 16g Fat (66.7% calories from fat); 5g Protein; 13g Carbohydrate; trace Dietary Fiber; 48mg Cholesterol; 177mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 3 Fat.