

# Turkey Corn Chowder

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## **Servings: 4**

*1 can (10-3/4 ounce) condensed  
cream of celery soup  
1 soup can milk  
1/2 cup picante sauce  
1 can (8 ounce) whole kernel corn,  
drained  
1 cup cooked turkey or chicken, cubed  
4 slices bacon, cooked and crumbled  
shredded cheddar cheese  
sliced green onion*

## **Preparation Time: 15 minutes**

In a three-quart saucepan over medium heat, heat the soup, milk, picante sauce, corn, turkey and bacon until the mixture is hot and bubbling, stirring occasionally.

Top with the cheese, onion and additional picante sauce.

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Per Serving (excluding unknown items): 129 Calories; 8g Fat (55.8% calories from fat); 5g Protein; 9g Carbohydrate; trace Dietary Fiber; 21mg Cholesterol; 843mg Sodium. Exchanges: 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.