



THE J.M. SMUCKER Co

Corn Chowder

Makes: 10 cups (2.5 L)

Prep Time Cook Time Serves Difficulty

10 mins 30 mins 10 N/A

Ingredients

- 1 tbsp (15 mL) Canola or Vegetable Oil
- 1 onion, chopped
- 1 jalapeno, chopped (optional)
- 1 clove garlic, chopped
- 1 can (10 oz / 284 mL) cream style corn
- 4 cups (1 L) frozen corn niblets
- 1 potato, peeled and chopped in 1" (2 cm) pieces
- 4 cups (1 L) chicken stock or vegetable stock
- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper
- 3/4 cup (175 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk

2% Evaporated Partly Skimmed Milk

Directions

Step 1:

Heat oil in a large saucepan or stock pot over medium heat. Add onion, jalapeno and garlic and cook until fragrant and tender, about 3 minutes.

Step 2:

Add corn, potato, stock, salt and pepper and bring to a boil. Reduce heat, cover and simmer for 30 minutes. Puree half of the soup so that it still has a chunky texture. Add evaporated milk. Taste and adjust seasonings if necessary.

For a fun garnish add some popcorn to the bowl of soup.

If you leave out the jalapeno pepper just drizzle some hot chili oil over the soup as a garnish for the people who would like it spicy.

Images

