

Potato and Corn Chowder

Preparation time	10 minutes
Cooking time	25 minutes
Servings	6
Cost per serving	87¢
Storage	3 days in the fridge. Can be frozen.
Kitchen tools	Large pot, cutting board, sharp knife, measuring cups and spoons, wooden spoon, slotted spoon, plate, fork, can opener, ladle, small sharp knife



Ingredients



30 ml (2 tbsp)
canola oil



250 ml (1 cup)
smoked ham, diced
(about 1 thick slice / 125 g)



1 large or 2 small
yellow onions, chopped
(about 250 ml / 1 cup)



5 ml (1 tsp)
curry powder



1 **garlic** clove,
finely chopped



Salt and pepper
to taste



1 medium Russet
potato, peeled and diced
(about 375 ml / 1½ cups)



500 ml (2 cups)
chicken broth

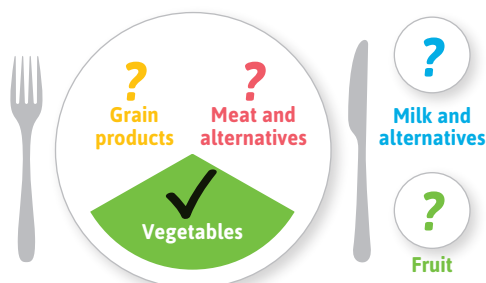


1 can (398 ml)
cream style corn



250 ml (1 cup)
milk

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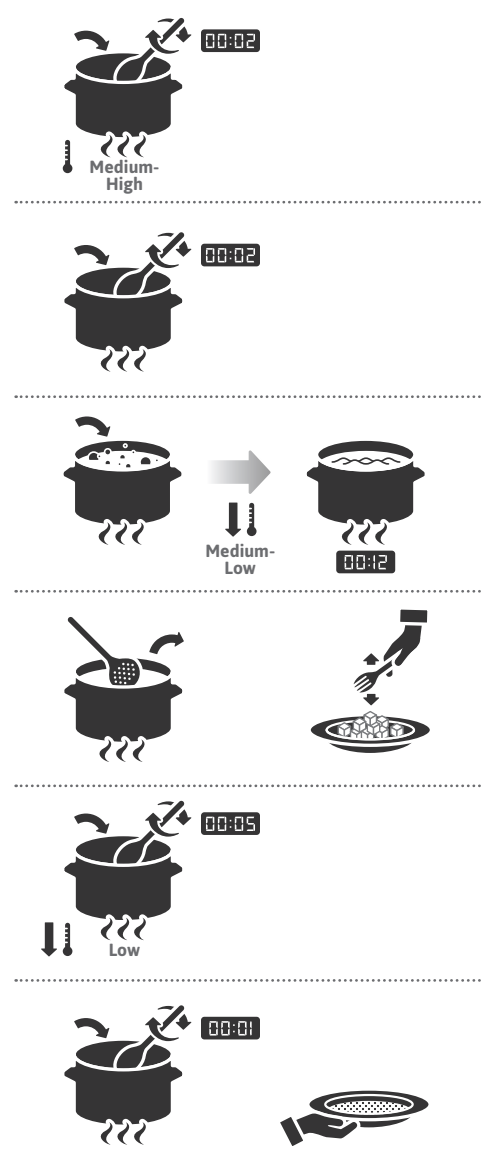


Balanced plate

✓ One serving of this chowder is a tasty way to add vegetables to your menu!

Directions

- 1 Heat the **oil** in a large pot over medium-high heat. Cook the **ham** until lightly coloured (about 2 minutes).
Tip: Set aside some of the cooked ham for garnish when serving.
- 2 Add **onion, curry, garlic, salt** and **pepper** and cook for 2 minutes, stirring constantly.
- 3 Add **potatoes** and **broth**. Bring to a boil then reduce heat to medium-low and simmer until the potatoes are soft (about 10-12 minutes).
Variation: Add any type of fish or seafood for a hearty soup.
- 4 With a slotted spoon, take **125 ml (½ cup) of diced potatoes**, place them on the plate and mash with a fork.
- 5 Add the **mashed potatoes** and **cream style corn** to the pot. Simmer over low heat for 5 minutes, stirring constantly.
- 6 Add the **milk**, stir and heat for 1 minute. Turn off heat and serve.



My rating: ★ ★ ★

This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition