

Jalapeño Corn Chowder

Simple Every Day | October 2007



Soup is always a welcome and warming supper. This one tastes like it simmered all day (but it didn't).

- 3 CUPS FROZEN WHOLE-KERNEL CORN OR 3 CUPS FRESH CORN KERNELS (CUT FROM 6-7 EARS OF CORN)
- 1 14½-OZ. CAN CHICKEN BROTH
- 2 CUPS CHOPPED COOKED CHICKEN BREAST
- 1 CUP MILK, HALF-AND-HALF, OR LIGHT CREAM
- ¼ CUP THINLY SLICED STRIPS BOTTLED ROASTED RED PEPPER
- 1-2 FRESH JALAPEÑO PEPPERS, SEEDED AND FINELY CHOPPED
- ½ CUP CRUMBLED FETA CHEESE
- ¼ CUP CHOPPED FRESH CILANTRO LEAVES

In a blender container or food processor bowl combine half of the corn and the chicken broth. Cover and blend or process until nearly smooth. In a large saucepan combine the broth mixture and the remaining corn. (If using fresh corn, bring to boiling; reduce heat and simmer, covered, 2 to 3 minutes or until corn is crisp-tender.) Stir in cooked chicken, milk, roasted peppers, and jalapeño peppers; heat through. Top each serving with cheese and cilantro. Makes 4 servings.

Per serving: 315 cal., 9 g fat (4 g sat. fat), 81 mg chol., 681 mg sodium, 32 g carbo., 3 g fiber, 30 g pro.

TRY A NEW QUESO

Top this creamy Southwest-style chowder with crumbly cotija, a Mexican cow's-milk cheese that's similar to feta. It's salty, tangy, and really yummy. Look for it at your local Mexican grocery.