

Corn Chowder

~ *Crockpot cooking* ~



A hearty soup for this cold winter.

Ideal crockpot size for this recipe: 4qt.

Ingredients

- 1/2 pound lean turkey bacon
- 4 C diced potatoes
- 2 C chopped onions
- 2 C Fat-free sour cream
- 1.5 C fat-free milk
- 2 -- 10.75 oz cans fat-free, low-sodium cream of chicken soup
- 2 -- 15.25 oz cans fat-free, low-sodium whole-kernel corn, undrained

Directions

1. Cut bacon into 1" pieces. Cook for 5 minutes in large nonstick skillet, doing it in two batches so all the pieces brown.
2. Add potatoes and onions and a bit of water. Cook 15-20 minutes, until vegetables are tender, stirring occasionally. Drain. Transfer to slow-cooker.
3. Combine sour cream, milk, chicken soup, and corn. Place in slow-cooker.
4. Cover. Cook on low for 2 hours.

Servings per Recipe: 12

Per serving: 260 calories (70 cal from fat), 11g protein, 8g total fat (2.5g saturated, 0g trans), 25mg cholesterol, 840mg sodium, 37g total carbohydrates (3g fiber, 10g sugar)

Courtesy of Mary Rogers, Waseca, MN