

CSFP
Recipe of the Month
October 2009

This corn chowder recipe is from “Eating What We Grow”, UVM Extension Service, 8/2000. It is a hearty and versatile recipe which can be made the day before for better flavor. Enjoy a bowl on a cool October evening paired with a whole grain muffin or roll.

Corn Chowder

Makes 6 to 8 servings *Jan Gendreau, Waterbury*

Ingredients:

2 slices bacon, diced (or 2 Tablespoons canola oil)
1 or 2 onions, chopped
2 or 3 potatoes, chopped into 1/2-inch cubes
1 stalk celery, chopped (optional)
1 carrot, grated
2 cups corn
1 (12-ounce) can skimmed evaporated milk
Pepper to taste

Directions:

1. In a skillet, sauté onions in bacon or oil until golden.
2. Add potatoes, celery, carrot, and enough water to cover.
3. Simmer until tender (10 to 15 minutes).
4. Add corn, milk, and pepper.
5. Mix and heat through.

For variety....

1. Add some leftover diced ham, chicken or turkey
2. Leftover fish may be added to create a fish-corn chowder
3. Add some mixed vegetables or any leftover vegetable to create a vegetable chowder

Questions or concerns? Call the Vermont Foodbank: 1-800-214-4648

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Because we cannot predict which foods will actually arrive in your food package, the recipe may not always use ingredients that you receive in a given month.