

CHICKEN CORN CHOWDER – PATTI'S ORIGINAL RECIPE

2 ribs celery, diced	2 cups corn, mashed (fresh, canned or frozen)
1 small onion, diced	1 13 oz. can chicken
1 red bell pepper, diced	1 14 oz. can fat free, reduced sodium chicken stock
1 TBL butter	1 15 oz. can evaporated skim milk
¼ tsp poultry seasoning	8 oz. reduced fat cream cheese
Salt	
Pepper	

Melt butter in large pan over medium heat. Sauté onions, celery and pepper till softened. Add mashed corn (use potato masher). Stir in poultry seasoning, salt, and pepper. Add chicken, chicken stock and evaporated milk. Simmer for 20 minutes. Add cream cheese and allow to melt. Heat through on low.

Makes 6 servings.

Serve with salad and rolls.

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