

TITLE _____

SERVES _____

FAVORITE RECIPE FROM _____

INGREDIENTS _____

Up North Chicken Corn Chowder

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| 2 to 3 boneless skinless chicken breasts | 1/2 cup all-purpose flour |
| 1/2 cup butter | 4 cups chicken broth, divided |
| 1 red or green pepper, diced | 4 to 6 unpeeled red potatoes, diced |
| 1 onion, diced | 1 package frozen corn |
| 12 to 14 small carrots, diced | 1 can cream-style corn |
| 3 garlic cloves, minced | 2 tablespoons diced seeded jalapenos |
| | 2 cups milk or half-and-half |

Bake chicken at 350° for 20-25 minutes or until juices run clear. Cut into 1-in. cubes; set aside. In a large saucepan, melt butter; saute red pepper, onion, carrots and garlic until crisp-tender. Stir in flour; cook over low heat for 10 minutes, stirring often. Remove from the heat.

In a soup pot, bring 3 cups broth to a boil. Add potatoes; cook until almost tender. Add frozen corn and cubed chicken. Whisk remaining broth into vegetable mixture; add to soup pot with canned corn and jalapenos. Stir in milk. Bring to a boil; reduce heat. Simmer for 30 minutes. If desired, garnish with paprika or parsley, and season with hot sauce, salt and pepper to taste.

Cook's Note: This is a good recipe to use leftover cooked chicken. When fresh corn is in season, you can cut corn off the cob to use in place of the frozen corn.

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