

Corn chowder

This is a supper soup that will make you smile, especially if you serve it with a sliced heirloom tomato salad.

INGREDIENTS:

- ☐ 3 slices of lean bacon, chopped
- ☐ 2 onions, sliced
- ☐ 2 tablespoons butter
- ☐ 4 cups peeled potatoes, in small cubes
- ☐ 2 tablespoons flour
- ☐ 4 cups milk
- ☐ 2 cups corn kernels (fresh or frozen)
- ☐ 1½ teaspoons salt
- ☐ 1 teaspoon pepper
- ☐ Grating of nutmeg

INSTRUCTIONS: Cook the bacon in a soup pot until crisp. Add the onions and butter and cook until golden brown, stirring often, for about 5 minutes.

Cook the potatoes in a pot of boiling salted water until tender when pierced with a fork. Drain and set aside.

Stir the flour into the onion-bacon mixture. As soon as the flour is blended smoothly into the mixture, slowly add the milk, stirring until well blended and slightly thickened and smooth.

Add the potatoes, corn and seasonings to the soup and cook for 5 minutes longer.

Yields 10 cups

PER CUP: 215 calories, 7 g protein, 27 g carbohydrate, 10 g fat (5 g saturated), 24 mg cholesterol, 476 mg sodium, 2 g fiber.