

# WHITE BEAN CORN CHOWDER

This hearty white bean chowder gets its creamy texture, as well as protein, from mashed beans plus milk and cheese.

**Yield:** 8-10 servings

**Time:** Preparation: 20 minutes  
Cook Time: 45 minutes

## EQUIPMENT LIST

- » Large pot
- » Spatula
- » Measuring cups
- » Measuring spoons
- » Can opener
- » Potato masher or large spoon
- » Cheese grater

## WIC INGREDIENTS

- » Onion
- » Celery
- » Carrot
- » Fat-free milk
- » White beans
- » Canned corn
- » Green chilies
- » Cheddar cheese

## OTHER INGREDIENTS

- » Butter
- » Garlic
- » Flour
- » Vegetable broth
- » Ground cumin
- » Salt
- » Chili or cayenne powder
- » Cilantro (optional)

# WHITE BEAN CORN CHOWDER

## INGREDIENTS

- » 4 tablespoons butter
- » 1 cup chopped onion
- » 1 cup small diced celery
- » 1 cup small diced carrot
- » 1 tablespoon minced garlic
- » 3 tablespoons flour
- » 2 cups fat-free milk, warmed
- » 2 cups warmed vegetable broth
- » 2 (15-ounce) cans white beans, drained and divided
- » 1 (15-ounce) can corn, drained
- » 1 (7-ounce) can diced green chilies
- » 1 tablespoon ground cumin
- » 2 teaspoons salt
- » 2 teaspoons chili powder or cayenne pepper
- » 2 cups shredded Cheddar cheese, divided
- » Chopped fresh cilantro (optional)

## DIRECTIONS

Melt butter in a large heavy-bottom pot over medium heat. Stir in onion, carrot and celery. Cover and cook 5 minutes or until vegetables begin to release liquid. Remove lid and stir in garlic; cook, uncovered, for another 5 minutes. Mix in flour, stirring until vegetables are well coated. Gradually pour in warmed milk and stir. Bring to a low simmer for about 5 minutes or until soup begins to thicken. Pour in warmed vegetable broth, stirring until well combined.

In a small bowl, mash one can of white beans with the back of a spoon or potato masher. Add mashed beans, remaining can of beans, corn and green chilies to pot. Add seasonings and stir until ingredients are well mixed. Reduce heat to low and simmer for approximately 30 minutes. Stir in 1 cup of cheese and stir just until melted.

Serve in individual bowls and top with remaining cheese and, if desired, fresh chopped cilantro.

### White Bean Corn Chowder Nutrition Facts

Serving Size 12 oz. (335g)

Amount Per Serving

**Calories 300**      Calories from Fat 130

% Daily Value\*

**Total Fat 14g**      22%

Saturated Fat 8g      40%

Trans Fat 0g

**Cholesterol 40mg**      13%

**Sodium 1330mg**      55%

**Total Carbohydrate 27g**      9%

Dietary Fiber 6g      24%

Sugars 8g

**Protein 15g**

Vitamin A      30%

Vitamin C      15%

Calcium      30%

Iron      10%

\*Percent Daily Values are assessed on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



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