

APRIL IS NATIONAL SOYFOODS MONTH

Potato and Corn Chowder

Recipes provided by...

Soybeans

Nebraska Soybean Board



INGREDIENTS...

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| 4 large Yukon Gold potatoes, cut into 1/2 inch cubes, skin left on | 2 tsp dried parsley |
| 1 large onion, chopped | 1/2 tsp salt |
| 2 cups water | 1/4 tsp pepper |
| 1 tsp chicken or vegetable bouillon powder | 1 (14.5 oz.) can cream style corn |
| | 1 (14 oz.) can whole kernel corn, drained |
| | 1 cup plain soymilk |

Per 1 1/2 cup:

Calories:	370
Total fat:	3 g
Saturated fat:	0 g
Cholesterol:	0 mg
Sodium:	1055 mg
Carbohydrate:	79 g
Protein:	12 g
Soy Protein:	1.5 g
Dietary Fiber:	8 g

In a medium saucepan, combine the potatoes, onion, water, bouillon, parsley, salt and pepper. Bring to a boil, reduce heat and simmer until potatoes are tender, about 15 to 20 minutes. Remove pan from heat and stir in both cans of corn. Put two cups of the mixture into a blender and briefly puree. Do not overblend or potatoes will become gummy. Return the pureed mixture to the saucepan, stir in the soymilk and heat thoroughly. Adjust spices and seasonings to taste.

Yield: 6 (1 1/2 cups)

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