

Corn & Tomato Chowder

Popular recipe from Noom

PREP TIME: 20 mins

COOK TIME: 25 mins

SERVINGS: 4

CALORIES: 270 kcal



INGREDIENTS

- 1 tsp butter unsalted
- 1 cup chopped onions
- 1 cup chopped celery
- 3 cups boiled potatoes peeled, diced
- 1 bay leaf
- 2 cups chicken broth reduced-sodium
- 1 1/2 cups canned diced tomatoes with liquid
- 1 1/2 cups frozen corn thawed
- 1 1/2 cups milk nonfat
- black pepper freshly ground

INSTRUCTIONS

1. Lightly spray a 4-5 quart non-stick pot with cooking spray. Add the butter and place over medium heat. Add the onions and cook, stirring, 5 minutes. Add the celery and potatoes and cook, stirring occasionally, for 2 minutes
2. Add the bay leaf and broth and bring to a boil. Cover the pot and cook 20 minutes, stirring occasionally, for 2 minutes
3. Remove the bay leaf, puree 2 cups in a blender or food processor, and return to the pot
4. Stir in the tomatoes, corn, and milk. Return the soup to a simmer. Cover the pot and cook 20 minutes, stirring occasionally, for 2 minutes.
5. Stir in a few grindings of the black pepper. Garnish with parsley.

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