

Simple Corn Chowder

Courtesy of TPC Soup Crew

<https://www.tasteofhome.com/recipes/simple-corn-chowder/>

Prep: 25 min. **Cook:** 10 min. + cooling **Makes:** 6 servings (about 1-1/2 quarts)

Ingredients

- 1 medium onion, chopped
 - 6 cups fresh or frozen corn, divided
 - 3 cups reduced-sodium chicken broth (or vegetable broth), divided
 - 1/2 cup chopped sweet red pepper
 - 1/2 teaspoon dried rosemary, crushed
 - 1/2 teaspoon dried thyme
 - 1/8 teaspoon pepper
 - Dash cayenne pepper
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Directions

- Coat a large saucepan with cooking spray. Add onion; cook and stir over medium heat for 4 minutes or until tender. Add 4 cups corn; cook and stir until corn is softened, about 5 minutes. Add 2 cups broth; bring to a boil. Reduce heat; cover and simmer for 10 minutes or until corn is tender. Cool slightly.
- In a blender, process soup in batches until smooth; return all to the pan. Add the red pepper, rosemary, thyme, pepper, cayenne and remaining corn and broth; cook and stir for 10 minutes or until the corn is tender.

Nutrition Facts: 1 cup: 171 calories, 2g fat (0 saturated fat), 3mg cholesterol, 61mg sodium, 38g carbohydrate (0 sugars, 0 fiber), 7g protein.

Diabetic Exchanges: 2-1/2 starch.