

Ralph's Corn Chowder

Makes 4 servings



Ingredients

- 1 ½ cups of water
- 2 cups of potatoes - diced
- 1 cup of carrots - sliced
- 1 cup of celery - chopped
- 1 tsp of salt
- ¼ tsp of pepper
- 2 cups of creamstyle corn
- 3 tbsp of butter
- 3 tbsp of flour
- 1½ cups of milk
- ½ cup of cheese
- 4 strips of bacon

Directions

- ☞ Place the first 6 ingredients in a pot, cover and simmer for 10 minutes
- ☞ Add the corn to the pot and simmer for 5 more minutes
- ☞ In a separate pot melt the butter and add the flour and cook for 1 minute.
- ☞ Slowly add milk ¼ cup at a time.
- ☞ Add to corn mixture
- ☞ Add the grated cheese and cooked bacon
- ☞ Serve and enjoy!

Nutrients (approximately)

434 Calories per serving,
Fat 20g, Saturated Fat 11g, Cholesterol 58mg, Sodium 800mg,
Carbohydrates 48.1g, Fiber 4.9g, Sugars 12g, Protein 15.1g

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