

Southwestern Chicken Corn Chowder

Note: If frozen cream-style corn is not available, substitute a 15-ounce can of cream-style...

4. Remove pot from heat and stir in milk. Serve at once, garnish with cheese if desired. Makes servings.

Ingredients

- 1 package (10 ounces) frozen cream-style corn
- 1/2 teaspoon olive oil
- 1 cup frozen chopped onions
- 1 teaspoon bottled minced garlic
- 1 can (14 1/2 ounces) fat-free chicken broth
- 1 can (10 3/4 ounces) reduced-fat cream of chicken soup
- 1 can (4 1/2 ounces) chopped green chiles
- 1 can (5 ounces) premium chicken breast meat
- 1/2 teaspoon chili powder or more to taste
- 1/2 teaspoon ground cumin
- 1 cup low-fat milk
- Shredded Mexican-blend cheese (optional)

Directions

1. Pierce plastic corn container (frozen corn only) to vent according to package and place it on a microwave-safe plate. Microwave uncovered at high (100% power) for 4 minutes to defrost.
2. Meanwhile, place olive oil in 4 1/2-quart Dutch oven or soup pot over medium-high heat. Stir in onions and cook for 30 seconds. Stir in garlic. Add chicken broth and raise heat to high. Add cream of chicken soup and stir to mix well.
3. Allow soup to come to boil while draining chiles and chicken and adding them to pot. When soup boils, reduce heat to low. Add creamed corn, chili powder and cumin. Stir to mix well.