



*Egg Free • Gluten Free • Grain Free  
Nut Free • No Added Sugar*

# Squash and Corn Chowder



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# Squash and Corn Chowder

## INGREDIENTS

- 2 tablespoons butter
- 3 medium yellow squash, chopped
- 2 cans corn, rinsed and drained
- 1 bunch scallions (green onions), sliced with white and green parts separated
- ½ cup celery, chopped
- 2 teaspoons salt
- 2 cups low fat milk
- 1 cup low sodium chicken broth
- 1 cup golden potatoes, chopped
- ½ cup shredded cheese

## DIRECTIONS

1. Melt butter in large pot over medium heat.
2. Add squash, corn, scallion whites, celery, and salt. Cook for 15 minutes, stirring occasionally.
3. Add milk, broth, and potatoes. Increase heat to high and bring to boil, then reduce heat to low and simmer 10 minutes until potatoes are tender.
4. To thicken chowder, use a blender to puree 2 cups of mixture. Return blended mixture to pot and stir to combine.
5. Top with green scallions and cheese to serve.

## TIPS

- Freshen it up! Instead of canned corn, use kernels from 4 ears of fresh corn. For a richer flavor, boil empty cobs along with potatoes and discard cobs before blending.
- Add red pepper flakes or hot sauce for extra spice.

*Main Dish, Soup | Serves 4*