

Corn Chowder

Vegetable

Soups

H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Onions, minced OR	4 oz	3/4 cup	8 oz	1 1/2 cups	1. In a heavy pot, saute onions and celery in margarine or butter until tender, about 5 minutes.
Dehydrated onion flakes		3 Tbsp		1/4 cup 2 Tbsp	
*Fresh celery, 1/4" dice	8 oz	2 cups	1 lb	1 qt	2. Add flour and cook for 1 minute stirring continuously.
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup	
All-purpose flour		3/4 cup	6 oz	1 1/2 cups	3. Slowly add hot milk to flour mixture. Whisk until smooth and thickened.
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt	
*White potatoes, peeled, 1/4" cubes	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 8 oz	2 1/2 cups	3 lb	1 qt 1 cup	5. Stir in corn, salt, and pepper.
					CCP Heat to 140 degrees F or higher.
Salt		2 tsp		1 Tbsp 1 tsp	
White or black pepper		1/4 tsp		1/2 tsp	
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	5 oz	10 oz
Celery	10 oz	1 lb 4 oz
Potatoes	1 lb 4 oz	2 lb 8 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (4-oz ladle) provides 1/4 cup of vegetable	25 Servings: 3 qt 2 1/2 cups	25 Servings:
	50 Servings: 1 gal 3 qt 1 cup	50 Servings:

Special Tip:

For a creamy appearance, substitute instant nonfat dry milk for the lowfat milk. Use 6 oz (2 1/4 cups) of dry milk and 3 3/4 cups of water for each quart of milk needed.

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Nutrients Per Serving

Calories	115	Saturated Fat	1.2 g	Iron	.5 mg
Protein	5 g	Cholesterol	4 mg	Calcium	128 mg
Carbohydrate	16 g	Vitamin A	95 RE/350 IU	Sodium	354 mg
Total Fat	4.0 g	Vitamin C	6 mg	Dietary Fiber	1 g