

SOUPS

Triple C Corn Chowder (Creamy, Chunky, Comforting)

Makes 7 servings · about 1½ cups each

SATIETY SCORE	NUTRITION
● ● ● ○ ○ 3 / 5	HIGH
Per serving (approx.): Protein 5 g · Fiber 5 g · Calories 180	

Ingredients

- 5 cups corn (32 oz bag frozen)
- 1 large rutabaga, cubed
- 5 medium carrots, chopped
- 3 celery stalks, chopped
- 2 medium onions, chopped
- 1 red sweet pepper, chopped
- 6 cups vegetable broth
- 2 Tbsp olive oil
- 2 Tbsp Signature Blend spice blend
- 1 tsp salt
- ¼ tsp coarse black pepper

Directions

1. Heat the olive oil in a skillet over medium (about 60 seconds). Add 2 cups corn, 1 cup each carrot, celery, and onion; sauté about 5 minutes, until the carrots are tender.
2. Transfer the sautéed vegetables to a blender with 3 cups of broth; purée until smooth and creamy.
3. Place the purée and remaining ingredients in an 8-quart pot, stir, and bring to a boil.
4. Reduce heat and simmer, covered, about 10 minutes, until the rutabaga is tender. Serve at desired temperature.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Makes 7 servings · about 1½ cups each

Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 large rutabaga
- ☐ 5 medium carrots
- ☐ 3 celery stalks
- ☐ 2 medium onions
- ☐ 1 red sweet pepper

PANTRY & DRY GOODS

- ☐ 5 cups corn (32 oz bag frozen)
- ☐ 6 cups vegetable broth
- ☐ 2 Tbsp Signature Blend spice blend

CHECK YOUR PANTRY

- ☐ Olive oil
- ☐ Salt
- ☐ Black pepper