

Triple C Corn Chowder

(Creamy, Chunky, and Comforting)

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SOUPS

Chowder usually means cream. This one gets its body from the vegetables instead: you blend part of them into the broth and the pot thickens on its own.

Stovetop • 35 min • Serves 12 • about 1¼ cups each

CALORIES 135 • PROTEIN 3.5 G • FIBER 4.5 G • SODIUM 288 MG



INGREDIENTS

- 1 bag (32 oz) frozen corn, about 6½ cups
- 1 large rutabaga, cubed (or 1½ lb russet potatoes, diced small, see note)
- 5 medium carrots, chopped
- 3 celery stalks, chopped
- 2 medium onions, chopped
- 1 red sweet pepper, chopped
- 6 cups low-sodium vegetable broth
- 2 Tbsp olive oil
- 2 Tbsp Fresco Signature Blend
- 1 tsp salt
- ¼ tsp coarse black pepper

NUSTART KITCHEN

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 (or potatoes, if you swapped) is tender. Serve hot.

WHAT MAKES THIS FILLING. Step 2 is why it tastes creamy without cream: puréed vegetables and broth do the thickening. Broth-based soups fill your stomach for very few calories, and that is why a bowl like this holds you. Protein is light at 3.5 grams, so add shredded chicken or white beans if you need it to last until the next meal.

Broth: any broth labeled **low sodium** or **unsalted** works here. The FDA reserves that wording for 140 mg or less a serving (21 CFR 101.61), so the carton does the checking for you.

Spice blend: the recipe uses Fresco Spice Blends **Signature Blend**. Combine 2 tsp each dried oregano and basil, 1 tsp each dried parsley, paprika and garlic powder, and ½ tsp red pepper flake. That makes about 2½ Tbsp; this recipe uses 2 Tbsp of it. Paprika stands in for the jar's red bell pepper, so yours will taste close to it.

Nutrition: per-serving values are computed from this recipe's ingredient list against USDA FoodData Central entries and vary with brand and preparation. Potatoes instead of rutabaga add about 25 calories per serving, with the fiber almost unchanged.

Grocery List

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TRIPLE C CORN CHOWDER

Serves 12, about 1¼ cups each. What to **buy**. The card on the other side has what to use.

AISLE BY AISLE TAKE THIS PAGE TO THE STORE • CHECK OFF EACH BOX AS YOU SHOP

PRODUCE

- ☐ 1 large rutabaga (or 1½ lb russet potatoes)
- ☐ 1 small bag carrots, or 5 medium
- ☐ 1 bunch celery • you need 3 stalks
- ☐ 2 medium onions
- ☐ 1 red sweet pepper

FROZEN

- ☐ 1 bag corn, 32 oz

PANTRY

- ☐ Low-sodium vegetable broth, about 48 oz • *any low-sodium brand*

SPICES & SEASONING

- ☐ 1 jar Fresco Signature Blend • *or mix your own from the six below*
- ☐ Dried oregano
- ☐ Dried basil
- ☐ Dried parsley
- ☐ Paprika
- ☐ Garlic powder
- ☐ Red pepper flake

YOU MAY ALREADY HAVE • check these before you shop

- ☐ Olive oil
- ☐ Salt
- ☐ Coarse black pepper

ALSO PICKING UP

write the rest of your list here, so it all travels on one page

Quantities here are what to **buy** for one batch. Package sizes vary by store and brand, so a bag or a jar may cover several batches.

Print double-sided, flipped on the long edge.