

# Corn Chowder

## with Yellow Split Peas

- You can add celery to this recipe to give it a little extra depth of flavor. Simply dice 2 stalks of celery and add it to the recipe at the same time as the onions.
- This soup is already very hearty, but if you would like your soup a little creamier, you can add 1 cup of skim or low-fat milk as the last step after blending.
- Make a double batch of this soup and freeze it for an easy meal in the future – one batch for now, and one batch for later.
- Jazz this soup up by adding toppings: fresh chives or parsley, extra corn kernels, red pepper flakes, a dash of cayenne pepper, or a dollop of low-fat

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1 1/2 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 650mg	<b>28%</b>
<b>Total Carbohydrate</b> 53g	<b>19%</b>
Dietary Fiber 13g	<b>46%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	
Vitamin D 0mcg	<b>0%</b>
Calcium 51mg	<b>4%</b>
Iron 3mg	<b>15%</b>
Potassium 827mg	<b>20%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Corn Chowder with Yellow Split Peas

Servings: 5

Prep Time: 1 hour

## Ingredients:

- 1 tablespoon olive oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 6 cups vegetable broth
- 1 cup yellow split peas
- 1 medium potato, peeled and chopped
- 2 1/2 cups of corn kernels (about 4 ears if using fresh corn)
- 3/4 teaspoon smoked paprika

## Directions:

1. Heat the oil in a large pot over medium heat. Add the onion, stirring occasionally, for 5-6 minutes until the onion is tender and translucent. Add the garlic and cook, stirring constantly, for 1 minute.
2. Stir in the broth, split peas, potato, corn, paprika, and salt and bring to a boil over high heat. Lower the heat, cover, and simmer, stirring occasionally, for about 45 minutes, until the split peas are tender
3. Blend about half of the soup in a blender and return it to the pot. Serve hot.

Recipe Credit:

Adapted from: Love and Lemons

Adapted by: Kristen Elliott, RDN, LD