

# Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

## # 48421 Country Harvest Corn Chowder

Everyone will love this rich flavorful chowder, a traditional farmhouse favorite.

### Just add Cream, Cream of Corn and Mushroom Soup.

**Ingredients:** Dehydrated Vegetables (Potatoes, Corn, Onion, Celery), Minced Garlic, Thyme, Parsley, Black Pepper, Basil and Bay Leaf.

### Ingredients needed

(5-6 quart slow cooker)

- 1 10 ½ oz can of low sodium concentrated cream of mushroom soup
- 4 cups of half & half
- 6 cups of water or vegetable broth
- 2 or 3 14 ½ oz cans of cream corn

### Cooking Instructions

1. Place the corn, potatoes, vegetable and spice packets in slow cooker.
2. Pour mushroom soup and water or vegetable broth over ingredients.
3. Cover and cook on high for 3½-4½ hours or low for 6-7 hours. **Do not lift lid while cooking.**
4. Place the half & half and cream corn into a bowl. Slowly ladle chowder into bowl until contents of bowl are heated.
5. Return heated contents of bowl to slow cooker.
6. Cook on high for 1 hour or until soup bubbles.
7. When ready to serve salt to taste.

### Serving Suggestions

Add fresh, frozen or canned corn before serving.

Garnish with sour cream, fresh parsley & chives.

For Crab Corn Chowder add 8 oz of fresh or pasteurized crabmeat before serving.

For Chicken Corn Chowder add 1 lb. skinless chicken thighs or breasts before cooking.

For Southwestern Corn Chowder add 2 - 4½ oz cans of chopped green chilies,

1 cup diced fire roasted red peppers, 1 lb frozen corn, ¾ tsp ground cumin, ½ tsp chili powder and fresh jalapeños to taste. Garnish with fresh chopped green onions and cilantro.

This is great with the vegetarian, crab or chicken chowders.

### Stove Top Cooking Instructions: (For those without a slow cooker.)

1. In a large 5 to 6 quart pot, place the contents of the potato, corn and vegetable packets.
2. Mix together mushroom soup and water or vegetable broth and pour over ingredients.
3. Set stove to low temperature and cook forty-five minutes to an hour.
4. After the pot comes to a light boil, turn stove to simmer and let cook two hours.
5. Place half and half and cream corn into a large bowl. Carefully add the hot chowder, one ladle at a time to the half and half and corn until contents are heated.
6. Pour into the pot of chowder slowly, adding the contents of the spice packet. Allow to return to a slight boil on low to medium-low fr 20 – 30 minutes.
7. Garnish with serving suggestions you prefer and serve.

## Nutrition Facts

Serving Size As Packaged .81 oz. (23g)

As Prepared 12 oz (341g)

Servings Per Container 11

Amount Per Serving	As Packaged	As Prepared	
<b>Calories</b>	80	270	
Calories from Fat	5	120	
<b>% Daily Value**</b>			
<b>Total Fat</b> 0g*	<b>0%</b>	<b>20%</b>	
Saturated Fat 0g	0%	30%	
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>	<b>12%</b>	
<b>Sodium</b> 25mg	<b>1%</b>	<b>9%</b>	
<b>Total Carbohydrate</b> 18g	<b>6%</b>	<b>12%</b>	
Dietary Fiber 2g	8%	16%	
Sugars 1g			
<b>Protein</b> 2g			
Vitamin A	2%	8%	
Vitamin C	6%	80%	
Calcium	2%	10%	
Iron	4%	6%	
<small>* Amount in Mix. As prepared, one serving provides 13g total fat (6 saturated fat), 35mg cholesterol, 210mg sodium, 36g carbohydrate (4g fiber, 4g sugar) and 6g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
	*		*
		Protein	4