

## Recipe Shared on KSL TV, Studio 5

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### “White Bean Chowder”

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Dairy Farmers of Utah

Warm, healthy and hearty chowder for cool fall evenings! Recipe created by 3-A-Day™ of Dairy. Serves 6



#### Ingredients:

- 2 teaspoons vegetable oil
- 1 cup chopped onion
- 2 teaspoons minced garlic
- 2 cans (15 oz) white cannellini or Great Northern Beans, drained
- 1 can (4 oz) diced green chilies
- 1 cup frozen corn kernels
- 1/2 cup grated carrot
- 1/4 cup fine diced celery
- 1 cup low-sodium chicken broth
- 1 tablespoon ground cumin
- 2 teaspoons chili powder
- 1/2 teaspoon salt (optional)
- 2 cups fat-free or low-fat milk
- 1 tablespoon cornstarch
- 1 cup shredded reduced-fat Cheddar cheese, divided
- 4 tablespoons chopped fresh cilantro (optional)

#### Method:

In a large saucepan, stir together oil, onion and garlic over medium heat until onion is softened, about 5 minutes. Add 1 can of beans and mash into onion mixture with a potato masher or a slotted spoon (mixture will be chunky).

Stir in second can of beans, green chilies, corn, carrot, celery, chicken broth, cumin, chili powder and salt, if desired; bring mixture to a simmer. Blend cornstarch into milk and stir into chowder; bring slowly to a boil, stirring frequently. Reduce heat and simmer 5 minutes, or until corn and celery are tender and mixture thickens. Stir in about 3/4 cup cheese, just until melted.

Serve in individual bowls and top with fresh chopped cilantro, if desired. Top with remaining shredded cheese.

#### Nutrition Facts per serving for main dish recipe:

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Calories	270
Total Fat	7 g
Saturated Fat	3 g
Cholesterol	15 mg
Sodium	370 mg
Calcium	30% Daily Value
Protein	17 g
Carbohydrates	38 g
Dietary Fiber	8 g