Chicken Corn Chowder
Makes 8 – 1 cup servings

Ingredients:
- 2 tablespoons olive oil
- 1 ½ pounds boneless, skinless chicken breast, cut into 1/2-inch cubes (or leftover chicken)
- 1 medium onion (chopped)
- 2 stalks celery (chopped)
- 2 large carrots (chopped)
- 2 cups frozen corn
- 2 cans (16 ounce), low sodium cream of potato soup
- 1 ½ cups chicken broth
- ½ cup low-fat (or nonfat) milk
- Pinch of salt and pepper

Directions:
1. Heat the oil in a large skillet. Brown the chicken. Transfer chicken to a slow cooker.
2. Add onions and celery to skillet and sauté for about 3 to 4 minutes, until just tender. Add the onions, celery, carrots, corn, soup, chicken broth, salt and pepper to the slow cooker.
3. Cover and cook on low 5 to 6 hours or until chicken is done and vegetables are tender. During the last 10 minutes, stir in the milk.

Source: Healthy Cents curriculum by the University of Maryland