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