

## 3-A-Day™ of Dairy

### WHITE BEAN CHOWDER WITH MILK

*Recipe created by 3-A-Day™ of Dairy*

Makes 6 servings

Prep time: 15 minutes

Cook time: 20 minutes

#### Ingredients:

- 2     teaspoons vegetable oil
- 1     cup chopped onion
- 2     teaspoons minced garlic
- 2     (15-ounce) cans white cannellini or Great Northern beans, drained
- 1     (4-ounce) can diced green chilies
- 1     cup frozen corn kernels
- 1/2   cup grated carrot
- 1/4   cup 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 fresh chopped cilantro (optional)

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 1 cup of the cheese just until melted.

Serve in individual bowls and top with fresh chopped cilantro, if desired.

#### **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