# Acorn Squash Corn Chowder

## Name of Dish

### Ingredients
- 1 medium onion, diced very small
- 3 medium carrots, chopped small
- 1 sweet potato, chopped bite-sized
- 3 lb. Winter Squash (Acorn)
- 1 Tbsp. Oil
- 4 C. Chicken Broth, Low Sodium
- 4 oz. cream cheese, less fat
- 2 C. Corn, frozen or fresh
- 1 can chickpeas, drained + rinsed
- 1 tsp. salt

### Instructions
1. Peel and chop squash into bite size pieces (*see note on back*).
2. Heat large pot over medium heat, pour in oil and saute onions ~5 minutes. Add carrots, potatoes, squash and broth. Bring to a boil and the reduce heat to medium low to simmer for ~15 minutes. Cover for thin consistency and don’t cover for thicker consistency.
3. Add Cream cheese, beans, corn and salt. Increase heat to high and boil for 5-10 minutes until vegetables are tender.

### Serving Size: 4

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It may be helpful to soften squash first by heating in the oven or microwave (poke with fork and place in a safe dish for 8 minutes in the microwave or at 400* F for 20 minutes in the oven).

Recipe from: https://www.superhealthykids.com/winter-squash-corn-chowder-recipe/

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