Apple, Carrot, Corn Chowder

1 serving chowder = 127 calories, 4 g fat, 2 g protein, 17 g carbs, 40 mg sodium

Chicken stock or slice of turkey meat broth, broccoli or chopped peppers to boost the nutrient content without adding carbs. Serve alongside a scoop of brown rice or quinoa. The apple in applesauce can also help to keep a healthy diet.

Help to digestive health and cholesterol management.

Corn also contains antioxidants which may promote eye health. It is a good source of dietary fiber, making it a healthy option for those looking to lower cholesterol and blood pressure.

Carrots are rich in vitamin A and beta-carotene which may help to improve vision, general eye health, and prevent certain cancers due to anti-inflammatory properties.

Apples are rich in dietary fiber and helpful substances that may help reduce the risk of developing heart disease, diabetes, and cancer. The apple in applesauce can also help to keep a healthy diet.

InformaTion

NAME OF PRODUCE

Apple, Carrot, Corn Chowder

Bucks County Fresh Connect

Bucks County Market Basket
Apple, Carrot, Corn Chowder

INGREDIENTS

2 tbs. olive oil
1 yellow or white onion, diced
3 garlic cloves, minced
2 carrots, chopped
4 c. low sodium chicken or vegetable broth
2 apples, peeled and diced
2 tsp dried thyme & 1/2 tsp turmeric & 1 tsp black pepper, dash salt
3 c. cooked corn, taken off the cob

SERVING SIZE: 1 cup

INSTRUCTIONS

Heat olive oil in stock pot. Add onion and garlic until the onion is translucent.

Add carrot. Simmer for another 5 minutes.

Add chicken broth and apples and bring to a boil. Reduce heat immediately and allow apple to soften (About 10-15 minutes).

Add herbs, pepper, and dash of salt.

Turn down heat and add corn.

Use an immersion blender to grind the soup until it is mostly smooth, leaving some chunks and kernels of corn whole if desired.

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