

IP Corn and Potato Chowder

Corn and Potato Chowder (Instant Pot)



Serves 8

Blue – 3

Purple – 2

Green – 5

- 29 oz chicken broth
- 16 oz frozen corn
- 2 1/2 cups peeled and chopped small potatoes (chop small, about 1/2 inch)
- 1 onion, finely diced
- 3 cloves garlic
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 cup fat free half and half
- 2 Tbsp corn starch
- 4 oz Cabot 75% reduced fat cheese, shredded (or other shredded cheese, just adjust points)
- crumbled bacon, shredded cheese, sliced green onions – optional for topping, add points accordingly

1. Add the chicken broth, frozen corn, chopped potatoes, onion, garlic, salt and pepper into the insert of the Instant Pot. Stir together. Cover with lid and set the

valve to the sealing position. Select manual setting and adjust pressure to high. Set the timer for 15 minutes.

2. When finished cooking, do a controlled quick release.
3. Select saute setting and set to low heat (if your IP does not let you select a heat setting, just select saute).
4. Mix heavy cream and cornstarch together and pour into the chowder.
5. Cook and stir for 3-5 minutes or until thickened
6. Add shredded cheese and stir to combine
7. Turn off IP and serve. Top with toppings, if desired.