

# Mexican Chicken Corn Chowder

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Makes 8 cups, 368 calories per cup \*\*To reduce calories – you can use reduced fat cheese or fat free half and half

- 1-1/2 pounds boneless skinless chicken breasts (cut into 1-inch pieces)
  - 1/2 cup chopped onion
  - 3 tablespoons butter
  - 1 to 2 garlic cloves (minced)
  - 1 cup hot water
  - 2 teaspoons chicken bouillon granules
  - 1/2 to 1 teaspoon ground cumin
  - 2 cups half-and-half cream
  - 2 cups shredded Monterey Jack cheese
  - 1 can 14-3/4 ounces cream-style corn
  - 1 4 ounces can chopped green chiles, undrained
  - 1/4 to 1 teaspoon hot pepper sauce
  - 1 medium tomato (chopped)
  - Optional: Minced fresh cilantro and fried tortilla strips
1. In a Dutch oven, brown chicken and onion in butter until chicken is no longer pink. Add garlic; cook 1 minute longer. Add the water, bouillon and cumin; bring to a boil. Reduce heat; cover and simmer for 5 minutes.
  2. Stir in the cream, cheese, corn, chiles and hot pepper sauce. Cook and stir over low heat until cheese is melted; add tomato. If desired, top with cilantro and

tortilla strips.

Soup

Chicken