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RECIPE FILE

Chase winter chill with chowder

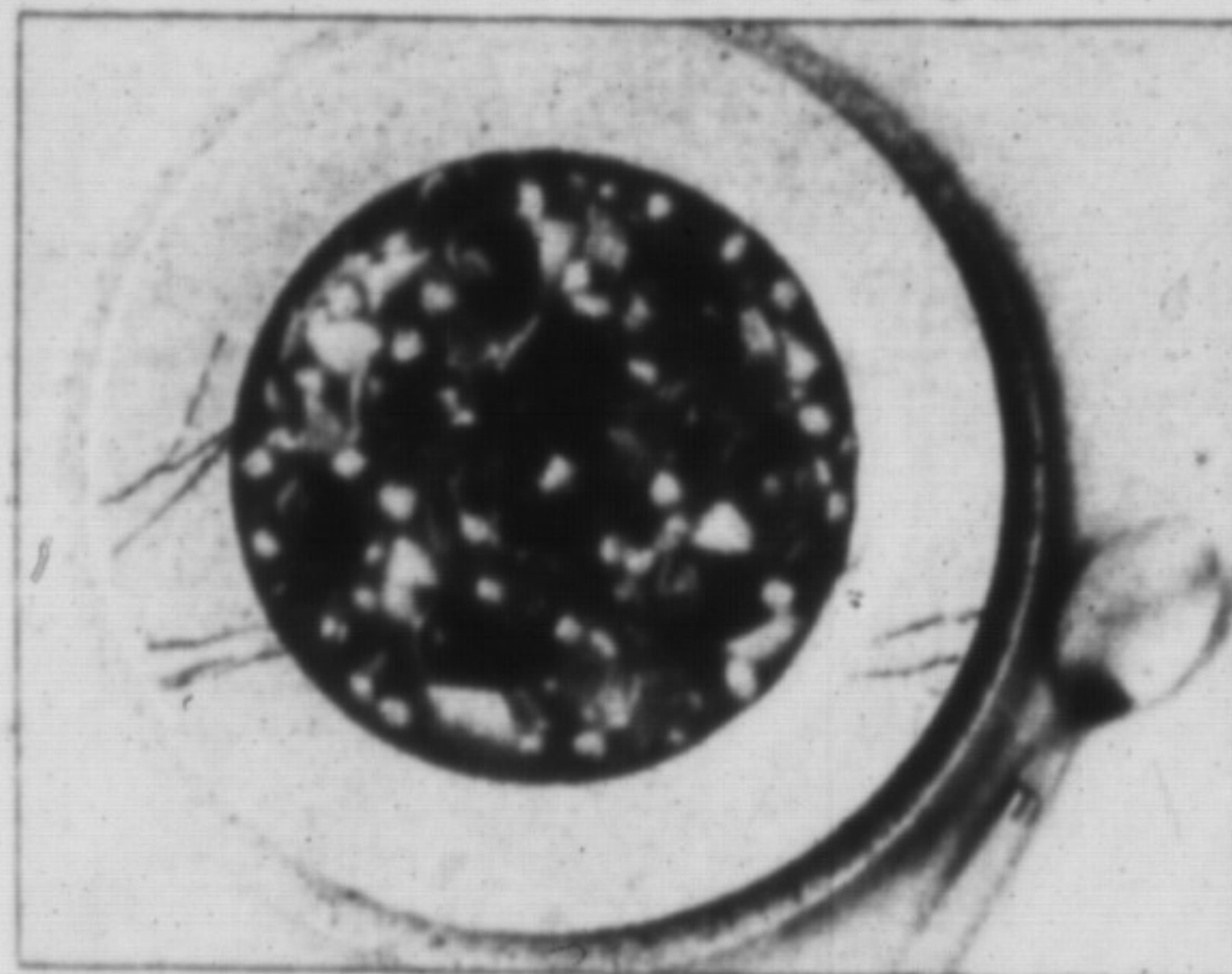
The zippy flavour of Creole Corn Chowder gives new definition to low-fat meals that are tasty. Delicious and good for you, this chowder is a cinch to make in 10 minutes.

Canned corn and tomatoes are two of the most popular canned vegetables in Canada. With improvements in food canning, canned tomatoes are just as tasty as fresh. In addition, vacuum-packed canned corn helps preserve the crunch and flavour of fresh corn on the cob.

Nutritionally, canned vegetables make a sound alternative at any time of the year, particularly in the winter when fresh local produce is not readily available.

Creole Corn Chowder

- 3 slices bacon, diced;
- 1 medium onion, chopped;
- 1/2 cup (125 ml) chopped celery;
- 1 tbsp (15 ml) all-purpose flour;
- 1 can (28 oz/796 ml) Canada Choice whole tomatoes;
- 2 medium potatoes, peeled and diced;
- 1/2 cup (125 ml) water;
- 1 tsp (5 ml) Worcestershire sauce;
- 1/2 tsp (2 ml) dried thyme leaves;
- 1/2 tsp (2 ml) salt;
- 1/4 tsp (1 ml) crushed red pepper flakes (optional);
- 1/4 tsp (1 ml) pepper;
- 1 can (12 oz/341 ml) Canada Fancy whole kernel corn;
- 1 1/2 cups (375 ml) milk, scalded.



Crisp corn kernels in a chunky tomato/vegetable base can be seasoned mild or spicy.

Directions: In large saucepan, cook bacon over medium-high heat until browned and crisp. Remove from pan, reserving drippings. Saute onion and celery in bacon drippings for 3 minutes or until tender. Stir in flour. Add undrained tomatoes, breaking apart with a fork, potatoes, water, Worcestershire, thyme, salt, red pepper flakes and pepper. Bring to a boil; cover and simmer for about 15 minutes or until potatoes are tender.

Stir in undrained corn and hot milk; heat through stirring well. Serve garnished with bacon. Makes about 6 servings. Cooking Time: 20-25 minutes.

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