

Corn Chowder

Vegetable

Soups

H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	<ol style="list-style-type: none"> In a heavy pot, sauté onions and celery in margarine or butter until tender, about 5 minutes. Add flour and cook for 1 minute stirring continuously. Slowly add hot milk and chicken stock to flour mixture. Whisk until smooth and thickened. Add potatoes and simmer for 10 minutes. Stir in corn, salt, and pepper. CCP: Heat to 165° F or higher. CCP: Hold at 140° F or warmer. <p>Portion with 4 oz ladle (½ cup).</p>
*Fresh celery, ¼" diced	2 oz	½ cup	4 oz	1 cup	
Margarine or butter	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Enriched all-purpose flour	3 oz	¾ cup	6 oz	1 ½ cups	
Lowfat 1% milk, hot		1 qt 1 cup		2 qt 2 cups	
Chicken stock, non-MSG		1 qt 1 cup		2 qt 2 cups	
*Fresh potatoes, peeled, ¼" cubes	1 lb 1 oz	3 ¼ cups	2 lb 2 oz	1 qt 2 ½ cups	
Canned yellow corn, cream-style	1 lb 10 oz	2 ⅔ cups (1 ¾ No. 300 cans)	3 lb 4 oz	1 qt 1 ⅓ cups (3 ½ No. 300 cans)	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		¼ tsp		½ tsp	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	3 oz	6 oz
Potatoes	1 lb 5 oz	2 lb 10 oz

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SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 7 lb 3 oz 50 Servings: 14 lb 6 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts
Tested 2004, Edited 2007		

Nutrients Per Serving					
Calories	94	Saturated Fat	0.91 g	Iron	0.36 mg
Protein	2.87 g	Cholesterol	2 mg	Calcium	66 mg
Carbohydrate	13.72 g	Vitamin A	251 IU	Sodium	333 mg
Total Fat	3.46 g	Vitamin C	3.2 mg	Dietary Fiber	0.8 g