

White Bean, Bacon and Corn Chowder

Portion Size: 1 cup Yields: 50 servings

Source:

Samantha Cowens-Gasbarro at
Healthy School Recipes

Ingredients	Amounts
Red pepper	2 pounds
Carrots	2 pounds
Onion	2 pounds
Butter, unsalted	4 oz
Garlic, granulated	2 Tbsp
Thyme, dried	2 Tbsp
Salt	1.5 Tbsp
Milk, 1%	2 quarts
Chicken broth	3 quarts
Potatoes	2.5 pounds
Corn, frozen, thawed	3 pounds
White beans, drained, rinsed	4.25 pounds
Cornmeal	2 cups
Bacon, cooked, crumbled	25 oz



Directions

1. Dice peppers, carrots, and onions into a small dice.
2. Dice potatoes and set them aside. (This step can be done the day before by covering diced potatoes with cold water and holding in the refrigerator, below 41 degrees. Drain before adding to the soups. This will prevent the diced potatoes from browning.)
3. Heat a kettle to medium high heat. Add butter and melt.
4. Add diced vegetables. Sauté until onions are translucent.
5. Add garlic, thyme, and salt. Stir well and cook 2 more minutes.
6. Add chicken broth and milk. Stir.
7. Bring to a simmer. DO NOT BOIL.
8. Add potatoes, corn, and beans. Simmer for 30 minutes or until vegetables are cooked through.
9. Stir in cornmeal and whisk to dissolve in soup. Cook soup for 15 additional minutes, stirring occasionally, to allow soup to thicken.
10. Portion 1 cup of soup into containers and top with 0.5 oz crumbles bacon.

Hold hot for service, above 135 degrees.

Nutrition Information	
Calories	260
Total fat	9g
Saturated fat	3.5g
Cholesterol	20mg
Total Carbohydrates	31g
Fiber	6g
Sugar	7g
Protein	14g
Sodium	370mg

Components	Allergens
½ cup vegetables (1/4 cup starchy, 1/8 cup red/orange, 1/8 cup other)	Milk
0.5 Meat/Meat Alternate	

