

# Skillet Corn Chowder

 Cooking time: 25 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable

NSLP: ⅔ cup Starchy Vegetable, ⅛ cup Other Vegetable

SFSP: ½ cup Vegetable

Ingredients	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		½ cup		1 cup
Yellow onions, diced	3 pounds	2 quarts	6 pounds	1 gallon
Black pepper, ground		1 Tablespoon		2 Tablespoons
Cream style corn	2 #10 cans	1 gallon + 1 quart + 3 cups	4 #10 cans	2 gallons + 3 quarts + 2 cups
1% milk		1 gallon + 2 quarts		3 gallons
Cheddar cheese, reduced fat, shredded	1 pound 8 ounces	1 quart + 2 cups	3 pounds	3 quarts



## Directions

1. Preheat a large sauce pan or steam kettle over medium heat. Add the oil, onion, and black pepper, stir, then cover and sweat until the onion softens, about 3–5 minutes.
2. Add the cream style corn and milk. Continue to cook until the soup comes to a simmer. Turn off the heat.
3. Stir in the cheddar cheese until it has melted completely into the soup.

CCP: Heat to 165°F or higher for at least 15 seconds.

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup (8 ounce) portions.

Serving	Yield	Volume
1 cup	48 Servings: about 22 pounds 96 Servings: about 44 pounds	48 Servings: about 3 gallons 2 quarts 96 Servings: about 7 gallons

Nutrients Per Serving					
Calories	216	Sodium	493 mg	Vitamin A	316 IU
Total Fat	7 g	Carbohydrate	32 g	Vitamin C	8 mg
Saturated Fat	2.8 g	Dietary Fiber	2 g	Iron	0.5 mg
Cholesterol	17 mg	Protein	10 g	Calcium	272 mg

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