

# Canned, Fresh or Frozen

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## Skillet Corn Chowder



### Ingredients

- 1/2 small onion, diced
- 2 tablespoons vegetable oil
- 1 can (15-ounce) can cream style corn
- 2 cups nonfat or 1% milk
- 1/2 cup reduced fat cheddar cheese, grated

### Directions

1. In a large skillet over medium-high heat (350 degrees in an electric skillet) saute onion in oil until transparent.
2. Add corn and milk. Stir until mixed together.
3. Heat until just bubbly.
4. Stir in cheese and serve as soon as melted.
5. Refrigerate leftovers within 2 hours.

### Notes

- Add any other veggies you have on hand - fresh, frozen, or canned.
- Add pepper, dried cumin and/or oregano for extra flavor!



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**Prep Time:** 5 minutes

**Cooking Time:** 20 minutes

**Yield:** 4 one cup servings