

Skillet Corn Chowder

 Cooking time: 25 minutes

HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable

NSLP: ⅜ cup Starchy Vegetable, ⅛ cup Other Vegetable

SFSP: ½ cup Vegetable

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tablespoons		¼ cup
Yellow onions, diced	12 ounces	2 cups	1 pound 8 ounces	1 quart
Black pepper, ground		¾ teaspoon		1½ teaspoons
Cream style corn		1 quart + 1¾ cups	1 #10 can	2 quarts + 3½ cups
1% milk		1 quart + 2 cups		3 quarts
Cheddar cheese, reduced fat, shredded	6 ounces	1½ cups	12 ounces	3 cups



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 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	12 Servings: about 5½ pounds 24 Servings: about 11 pounds	12 Servings: about 3 quarts 24 Servings: about 1 gallon 2 quarts

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