
CHICKEN CORN CHOWDER

Prep time: 30 min.
Serves 4-6

Cook time: 35 min.

Total time: 1hr 5 min.

3 Tbsp. olive oil, divided
2 chicken breasts, cooked & shredded
½ onion, diced
2 garlic cloves, minced
¼ cup red pepper, finely diced
3 large potatoes, cut into bite size pieces
4 cups chicken or vegetable stock
2 cups frozen or fresh corn
1 (398mL) can cream style corn
¼ Tsp. white pepper
1 Tsp. salt or to taste
½ Tsp. dried dill or 1Tsp. fresh
1/3 cup heavy cream or half& half
2 green onions, sliced

In a small skillet, add 1 ½ Tbsp. olive oil. Season both sides of chicken with salt and pepper. Cook chicken over medium heat until no longer pink and lightly browned. Remove from heat and cool slightly then shred. Set aside. In a large saucepan, over med. low heat, add remaining oil and diced onions and sauté until transparent. Add garlic and red pepper and sauté for 1 minute more. Add potatoes and stock. Simmer until potatoes are almost fork tender, about 10-15 minutes. Add both types of corn, seasonings and chicken. Simmer for an additional 15 minutes then add in cream. Serve in bowls and garnish with sliced green onions.

Author: Sharon
Irish Ivy Kitchen

For any questions or comments please send an email to sharon@irishivykitchen.com