



recipe box

CHICKEN & CORN CHOWDER w/ SWEET POTATOES*

Tools & Utensils

- Dutch oven, large mixing bowl, measuring cups, paring knife, wooden spoon

Ingredients

- 3 cups whole milk; 1 cup yellow corn muffin mix; 2 Tbsp. unsalted butter; 1 onion, chopped fine, 2 garlic cloves, minced; ½ Tsp. ground cumin; ½ Tsp. dried oregano; 2 quarts low-sodium chicken broth; 1 1/2lbs. boneless, skinless chicken breasts, cut into ½ in. cubes; 2 sweet potatoes (about 1 ½ lbs.), peeled and cut into ½ in. pieces; 1 cup shredded Monterey Jack cheese; 3 cups frozen corn, not thawed; ½ cup fresh parley, chopped; salt and pepper to taste

Directions

1. Mix milk and muffin mix in a bowl until well combined.
2. Meanwhile, heat butter in a large Dutch oven over medium heat until foaming.
3. Add onion and cook until soft (about 8 minutes).
4. Stir in garlic, cumin, and oregano and cook until fragrant (about 30 seconds).
5. Add broth, chicken and sweet potatoes.
6. Bring to a boil, reduce heat, and simmer until sweet potatoes and just tender (about 8 minutes).

www.thelearninggourmet.com



recipe box

CHICKEN & CORN CHOWDER w/ SWEET POTATOES*

Directions (cont'd)

7. Stir n milk and muffin mixture and simmer until soup thickens (about 10 minutes).
8. Add cheese and corn and cook until cheese begins to melt.
9. Stir in parsley and season with salt and pepper.
10. Serve and enjoy!

www.thelearninggourmet.com