

SOUTHWESTERN CORN CHOWDER FROM LHJ ONLINE <http://www.lhj.com>

It's just as rich and creamy as the classic, but this Tex-Mex version has double the corn, a spike of chile pepper and plenty of fragrant cilantro.

Prep time: 30 minutes

Cooking time: 20 minutes

Degree of difficulty: easy

Low-calorie

2 tablespoons butter or margarine

1 1/2 cups diced red onions

1 teaspoon cumin

1 can (14 1/2 oz.) chicken broth

1 cup water

1 teaspoon minced canned chipotle chile in adobo\*

1 teaspoon salt

2 cups peeled and diced potatoes

4 cups fresh corn kernels

1 1/2 cups milk

1 cup heavy or whipping cream

1/4 cup chopped fresh cilantro

1. Melt butter in Dutch oven over medium heat. Add onions and cook; 5 minutes. Add cumin; cook 1 minute. Add broth, water, chipotle and salt; bring to boil. Add potatoes; cover and simmer 10 minutes until tender. Add corn; cook 5 minutes.

2. Remove 1 1/2 cups of chowder and puree in blender until smooth. Return to Dutch oven; add milk and cream and cook just until heated through. Stir in cilantro. Makes 9 cups.

\*Available from Mo Hotta--Mo Betta, 800-462-3220.

PER CUP

Calories 240

Total Fat 15 g

Saturated Fat 8.5 g

Cholesterol 49 mg

Sodium 549 mg