

# Tiny Tummies



## Chicken and Corn Chowder

Make this chowder with fresh corn in summer and fall, or frozen corn when it is out of season. It is creamy and satisfying.

Serves 6

- 2 teaspoons olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 carrots, peeled and diced
- 3 ears corn
- 3 medium potatoes (such as Yukon Gold), peeled and cut into  $\frac{3}{4}$  inch dice
- 3 cups unsalted chicken broth
- 1 teaspoon dried marjoram
- 1 teaspoon mild (not spicy) paprika
- salt and pepper to taste
- 2 cups cooked diced chicken
- 2 cups whole milk (whole milk gives it richness, but you can substitute lower-fat milk)

1. Heat olive oil in a large pot. Add the onion, garlic, carrots and pinches of salt and sauté over low to medium heat until the onion is soft but not brown, about 10 minutes.
2. Cut the kernels off the ears of corn and add to the pot. Add the potatoes, broth, marjoram, paprika and salt and pepper. Bring to a simmer and cook, covered, until the potatoes are tender, about 20 minutes.
3. Add the chicken and the milk and heat through, but don't allow the soup to boil. Adjust the seasoning and serve hot.