

Green Chile Chicken Corn Chowder

Yield: 8 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-green-chile-soup-recipe>

Ingredients:

- 1 tablespoon extra virgin olive oil
- 12 ounces sausage pre-cooked jalapeno chicken, sliced or chopped into bite-sized pieces
- 1 cup onion chopped
- 1 cup red bell pepper diced
- 4 garlic cloves minced
- 1 teaspoon ground cumin
- 1/2 teaspoon cayenne ground red pepper
- 4 cups fat-free low-sodium chicken broth
- 1/2 cup green chiles canned
- 2 cups red potatoes baby, scrubbed & chopped
- 3 cups frozen whole kernel corn
- 1/2 cup all purpose flour
- 2 cups 1% milk
- 1 1/2 cups reduced fat sharp cheddar cheese shredded 50%
- salt
- pepper

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 40 milligrams
4. Fat: 16 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 6 grams
8. Sodium: 530 milligrams
9. Sugar: 7 grams

Thank you for visiting our website. Hope you enjoy Green Chile Chicken Corn Chowder above. You can see more 15 new mexico green chile soup recipe Experience flavor like never before! to get more great cooking ideas.