

Mexican Chicken Corn Chowder

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/the-recipe-critic-mexican-chicken-corn-chowder>

Ingredients:

- 1 tablespoon butter
- 1 small onion chopped
- 1 jalapeno pepper seeded and finely chopped
- 3 garlic cloves minced
- 1 1/2 teaspoons cumin
- 1 cup chicken broth
- 2 cups half-and-half cream
- 2 cups mexican blend cheese shredded, or 2 cups cheddar cheese
- 14 ounces cream style corn
- 4 ounces diced green chilies
- 14 ounces diced tomatoes drained
- 2 cups chicken chopped and cooked, I used rotisserie
- salt
- pepper
- Tabasco Sauce if desired for more of a kick

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 130 milligrams
4. Fat: 28 grams
5. Fiber: 2 grams
6. Protein: 30 grams
7. SaturatedFat: 16 grams
8. Sodium: 1010 milligrams
9. Sugar: 6 grams

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