

# Corn Chowder

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-chicken-swiss-cream-soup-bread-crumbs>

## Ingredients:

- 8 ears corn cobs reserved for broth
- 8 slices thick cut bacon chopped
- oil choice if needed
- 7 cloves garlic chopped
- 1 small yellow onion chopped
- 1 red bell pepper chopped
- 3 russet potatoes peeled and chopped
- 6 cups broth corn, from cobs and water
- 3 teaspoons chicken TJ's Vegan, less Seasoning Salt
- 2 teaspoons seasoning salt TJ's Everything But the Elote
- 2 bay leaves
- 1 cup heavy cream
- 1 cup shredded pepper jack cheese optional
- 1 handful fresh basil for garnish, optional
- Cholula to taste, for garnish, optional
- Sriracha to taste, for garnish, optional
- bread crumbs leftover cornbread, optional, for garnish

## Nutrition:

1. Calories: 910 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 165 milligrams
4. Fat: 68 grams
5. Fiber: 3 grams
6. Protein: 29 grams
7. SaturatedFat: 31 grams
8. Sodium: 2040 milligrams
9. Sugar: 6 grams

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