

# Southern Style Corn Chowder

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-corn-recipe>

## Ingredients:

- 8 ounces bacon
- 1 cup finely chopped onions
- 1 cup carrots finely chopped
- 1/2 cup chopped celery finely
- 2 tablespoons garlic minced, This is about 12 small-medium cloves
- 1/2 red bell pepper finely chopped
- 45 ounces corn drained
- 1/4 cup flour
- 2 quarts chicken broth 8 cups
- 1 1/2 cups potatoes peeled and cubed
- 1/4 teaspoon cayenne pepper
- 1 cup heavy cream or half & half
- 1 cup shredded cheddar optional

## Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 93 grams
3. Cholesterol: 165 milligrams
4. Fat: 70 grams
5. Fiber: 13 grams
6. Protein: 38 grams
7. SaturatedFat: 31 grams
8. Sodium: 900 milligrams
9. Sugar: 14 grams

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