

# Creamy Mexican Corn Chowder

Yield: 6 min  
Total Time: 35 min

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

## Ingredients:

- 5 tablespoons butter diced into 1 Tbsp pieces
- 1 yellow onion medium, chopped, 1 1/2 cups
- 1 red bell pepper medium, chopped, 1 cup
- 4 cloves garlic minced, 1 1/2 Tbsp
- 5 tablespoons all purpose flour
- 3 cups whole milk
- 3 cups chicken broth
- 14 1/2 ounces fire-roasted diced tomatoes
- 14 3/8 ounces corn frozen petite, preferably sweet white and yellow blend. 3 cups
- 7 ounces green chilies mild
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons ancho chili powder
- salt
- freshly ground black pepper
- 14 1/2 ounces black beans drained and rinsed
- 2 1/2 cups rotisserie chicken cooked shredded
- 1 1/2 cups shredded cheddar cheese or a blend of both
- 1/3 cup chopped cilantro
- 1 avocado diced

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 205 milligrams
4. Fat: 33 grams
5. Fiber: 12 grams
6. Protein: 34 grams

7. SaturatedFat: 16 grams
  8. Sodium: 880 milligrams
  9. Sugar: 12 grams
- 

Thank you for visiting our website. Hope you enjoy Creamy Mexican Corn Chowder above. You can see more 18 stonyfield mexican corn chowder recipe Deliciousness awaits you! to get more great cooking ideas.