

# W.W. Summer Corn, Bacon & Potato Chowder

## **CORE RECIPE**

**POINTS®** Value: 3

Servings: 6

## **Ingredients**

- 1 medium Yukon Gold potato(es)
- 2 sprays cooking spray
- 1/2 cup celery, chopped
- 4 medium corn on the cob, kernels removed with a knife
- 1 cup sweet red pepper(s), diced
- 4 oz cooked Canadian-style bacon, diced
- 1/4 cup onion(s), chopped
- 2 cup fat-free skim milk
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1/8 tsp hot pepper sauce, or to taste

## **Instructions**

Puncture potato in several places with a fork; microwave on high power until tender, turning over once, about 8 minutes. Allow to cool; peel and mash. Meanwhile, coat a large saucepan with cooking spray. Add celery, onion, corn and red pepper; sauté over medium-high heat, stirring frequently, for 5 minutes. Stir bacon and milk into saucepan; stir in mashed potato and mix well. Season with salt, pepper and hot pepper sauce; stir to combine. Cover and simmer 10 minutes (do not allow to boil). Yields about 1 cup per serving.

Feel free to substitute your favorite fresh vegetables like asparagus and broccoli for the red pepper. Or to save time, substitute 2 cups of frozen corn and 1 cup of frozen, diced bell pepper for the fresh corn and red pepper.

For a creamier consistency, puree part or all of the soup and return to pot for a few minutes.