

Chicken Corn Chowder (makes 14 -12 oz bowls) 2006

4 fried or baked chicken breasts (skinless-boneless)

Fry over medium heat do not brown.

cut into ½ to ¾ in cubes

Saute in pan after removing chicken:

1 cup finely chopped onions

1/3 cup finely chopped green peppers

1 cup finely chopped celery

3-4 Tbsp bacon fat or oil

sauté the above over medium high heat

4 Tbsp flour

stir flour in sauté and heat until bubbly

In the soup pot, :

2 cans (14 1/2 oz) chicken broth

2 large carrots (approx 10-12 oz) cut ¼ in thick rings

boil carrots in chicken broth until tender

Add the sauté to the carrots and chicken broth

Also add the following and heat to boiling

1 quart ½ & ½ (add last)

1 can diced tomatoes

2 cans creamed corn

2 tsp salt

¼ tsp pepper

2 bay leaves

2 tsp Fines Herbs by Spice Island

If can't get , use Herbes de Provence

In separate pot:

2 pounds diced potatoes (boil in 1 tsp salt and water for about 10 minutes)

drain and add to above

add previously prepared chicken

Bring to boil and simmer for 30 – 45 min

Serve topped with parsley or paprika if desired