



Schoharie County
173 South Grand St
Cobleskill, NY 12043
518.234.4303
518.296.8310
Fax: 518.234.4305
schoharie@cornell.edu

Otsego County
123 Lake St
Cooperstown, NY 13326
607.547.2536
Fax: 607.547.5180
otsego@cornell.edu

Oneonta Outreach
31 Maple St
Oneonta, NY 13820
607.433.2521
Fax: 607.436.9682

cceschoharie-otsego.org

Potato and Corn Chowder

Ingredients

4 cups raw diced potatoes

¼ cup finely chopped onion

1½ cups water

1½ cup evaporated skim milk

1 (16-ounce) can corn, drained

2 Tablespoons butter

½ teaspoon salt

dash of pepper

Makes 6 servings

Instructions

1. Cook potatoes and onion in water in covered saucepan until tender (about 15 minutes).
2. Mash potatoes in cooking liquid. Do not drain.
3. Slowly add milk to mashed potatoes stirring until smooth.
4. Then add corn, butter, salt and pepper, stir to combine.
5. Simmer for 15 minutes to blend flavors.

Note:

Leftover chowder reheats well, but a small amount of liquid may be added to thin if chowder is thicker than desired.

Nutrition Facts

Serving Size 1 1/2 cup			
Servings Per Container 6			
Amount Per Serving			
Calories	340	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	530mg		22%
Total Carbohydrate	64g		21%
Dietary Fiber	5g		20%
Sugars	14g		
Protein	10g		
Vitamin A	8%	Vitamin C	30%
Calcium	20%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	• Carbohydrate 4 • Protein 4

12% calories from fat

Last Revised: July 2010



In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.