

# Chicken Corn Chowder

## INGREDIENTS:

2 large chicken breasts (you want about 3 C. when shredded)  
1 onion, chopped  
1 carrot, peeled and chopped  
1 stalk celery, chopped  
4 T. butter  
1 garlic clove, minced  
4 T. all purpose flour  
28 oz. chicken broth  
1 C. milk  
1 1/2 C. frozen whole kernel corn  
1 russet potato, peeled and cut into 1/2" cubes  
1/2 tsp. basil  
1/2 tsp. salt  
1/2 tsp. black pepper  
1/4 tsp. cayenne pepper  
1 C. shredded cheddar cheese  
4-5 shakes of hot sauce

## Directions

Place the chicken in a pot and cover with water, bring to a boil, reduce the heat to medium and cook until the chicken has cooked through (about 25-30 minutes). Remove from pot, let cool and shred, set aside. In a dutch oven, melt the butter over med. high heat. Add in the onion, carrot and celery, cook till tender (about 6-7 minutes) add in the garlic and cook, stirring for 1 minute. Add the flour to the veggie mixture and stir to combine well. Add the chicken broth and the milk, stir well. The mixture will thicken slightly, but will not be too thick. Reduce the heat to medium and add the potatoes and the

corn and cook for 15 minutes or until the potato is tender. Add the seasonings, and cheese. Stir in the shredded chicken and cook for 5 minutes to warm the chicken. Season to taste with the hot sauce before serving. Makes 4-6 servings  
from Janet's Appalachian Kitchen