

CHICKEN, CORN, AND POTATO CHOWDER

Makes 6 Servings

INGREDIENTS

- 1 Tbsp olive oil
- 1 lb boneless skinless chicken breast
- 1 yellow onion, chopped
- 1 leek, tough greens removed, thinly sliced
- 4 cloves garlic, minced
- 1 cup dry white wine
- 4 cups chicken broth
- 3-4 carrots, peeled and chopped
- 2 lbs yellow potatoes, chopped
- 1 tsp poultry seasoning
- $\frac{1}{4}$ tsp thyme
- $\frac{1}{4}$ tsp sage
- 2 tsp pepper
- Salt, to taste
- 2 cobs corn, scraped (or 2 cups frozen corn)
- 1 cup sharp cheddar cheese, shredded
- 1 cup heavy cream
- 3 Tbsp cornstarch
- Handful parsley, chopped

DIRECTIONS

1. In a 6 qt heavy bottomed pan or Dutch oven, heat olive oil over medium heat. Cook chicken, about 5 minutes per side. Set aside. When the chicken is cool enough to handle, shred with a fork.
2. Sauté onion in remaining oil until translucent and begins to soften. Add leek and garlic, cook and stir until fragrant. Stir in wine, scraping up any browned bits. Bring to a boil.
3. Add chicken broth, carrots, potatoes, poultry seasoning, thyme, sage, pepper, and salt. Bring to a boil, reduce heat and simmer for about 20 minutes, or until potatoes are almost tender.
4. Stir corn, cheese, Shredded chicken, and heavy cream into the soup. Whisk cornstarch into a couple of tablespoons of water and stir into soup. Simmer until thickened and bubbly, stirring constantly, about 10 more minutes. Enjoy with a green salad and crusty bread, or serve in a bread bowl.