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|  | **Ingredients** | **Step** |
| Spring Fling Chowder | 1 Tablespoon  **vegetable oil**  1  small **onion**, chopped  2 cups  fresh or frozen **asparagus**, chopped into small pieces  1 large **potato**, peeled and diced  3 cups  low-sodium **chicken** or **vegetable broth** (or use water) (see notes)  1 can  (15 ounces) **cream-style corn**  1 cup  **peas**, frozen or canned and drained  **salt** and **pepper** to taste  1⁄2 cup  grated **cheddar cheese** | 1. Heat oil in large pot over medium heat (300 degrees in an electric skillet). Sauté onion, asparagus and potato until soft, about 10 minutes. 2. Add chicken or vegetable broth and corn. Cover and simmer until potato is tender, about 10 minutes. 3. Add peas and simmer 2 to 3 more minutes. 4. Season with salt and pepper, if desired. Top with cheese and serve warm. 5. Refrigerate leftovers within 2 hours. |