

Southwestern Corn Chowder

4 boneless skinless chicken breast halves, cut into 3/4 inch cubes
1 medium onion, cut into thin wedges
1 tablespoon vegetable oil
2 teaspoons ground cumin
2 cans (14 1/2 ounces each) chicken broth
1 package (10 ounces) frozen corn
3/4 cup picante sauce
1/2 cup chopped sweet red pepper
1/2 cup chopped green pepper
2 tablespoons minced fresh cilantro
2 tablespoons cornstarch
2 tablespoons water

In a 3 quart saucepan, cook chicken and onion in oil until chicken juices run clear. Stir in cumin. Add broth, corn and picante sauce; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Stir in peppers and cilantro.
Combine cornstarch and water until smooth; stir into soup. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Spoon into bowls.

Yield: 7 servings, 164 calories per serving

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Intermediate-Main Dish