

This soup is easy and inexpensive and can easily feed 6 people.

Sausage and Corn Chowder



Photo credit: Jani H. Leuschel

Ingredients:

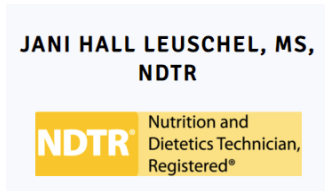
- ½ tube (8 ounces) of turkey or pork sausage (raw)

- ½ medium onion, chopped
- 1 stalk celery, chopped (optional)
- 1 large carrot, chopped (optional)
- 1 large or 2 small potatoes, diced
- 1 bay leaf or ½ teaspoon Old Bay seasoning
- ¼ teaspoon salt
- 5-6 peppercorns or ½ teaspoon black pepper
- 4 cups broth or water
- 2 cups milk (can sub 12-oz can evaporated milk + ½ c water)
- ½ c grated Cheddar or Colby-Jack cheese (optional)

Instructions:

1. Heat a large, deep saucepan or Dutch oven and brown raw sausage, breaking it up.
 2. Remove cooked sausage to a plate lined with paper towels. Cook onion, celery, and carrot in sausage juices, stirring frequently until onion loses its color.
 3. Add potatoes, bay leaf, salt, and pepper and stir, cooking for about two minutes.
 4. Mix in cooked sausage and pour the broth over all ingredients. Stir, scraping up any bits stuck to the bottom of the pan. Bring to a boil. Lower the heat and simmer until potatoes are soft, about 15 minutes. Stir occasionally.
 5. Add milk and simmer for five minutes.
 - a. **Note:** For a thicker soup, mix two to three Tablespoons of cornstarch with an equal amount of water. Stir into soup after adding the milk, mixing well so no lumps form.
 6. Serve topped with a sprinkle of cheese.
- ✓ *6 generous servings*
- ✓ *240 calories*

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.



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