



# Summer Vegetable Chowder

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1 cup

## Ingredients

1 tablespoon unsalted butter  
1 tablespoon olive oil  
1 large onion, chopped (about 1½ cups)  
½ cup chopped mushrooms (about 2 ounces)  
3 tablespoons all-purpose flour  
2 cups (16 ounces) no-added-salt chicken broth  
1 cup fresh or frozen corn kernels  
1 medium red bell pepper, diced (about 1 cup)  
1 small zucchini, quartered lengthwise and sliced (about 1 cup)  
2 teaspoons garlic powder  
¼ teaspoon ground black pepper  
½ teaspoon salt  
1 cup low-fat (1%) milk

## Directions

1. Place a large saucepan or other pot over medium heat.
2. Add the butter and oil. Heat until melted.
3. Add the onion and mushrooms. Cook until golden brown, about 7-10 minutes.
4. Sprinkle flour over onions and mushrooms. Cook and stir until flour mixture is golden brown, about 5-6 minutes.
5. Whisk in broth until smooth.
6. Add corn, bell pepper, garlic, black pepper, and salt.
7. Bring to a boil, then reduce heat to maintain a simmer.
8. Cook uncovered for 10 minutes, stirring occasionally.
9. Stir in milk and heat through.
10. Serve warm.

## Recipe Notes

- If you can't find no-added-salt chicken broth, you may use low-sodium broth, but omit salt.
- Consider adding cooked chicken breast or turkey sausage to increase the protein.

**Nutrition Facts Per Serving:** Calories: 125 | Total Fat: 10 g | Saturated Fat: 2 g  
Sodium: 275 mg | Total Carbohydrate: 16 g | Dietary Fiber: 2 g | Protein: 5 g

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