

Curried Chicken Corn Chowder

Adapted from Kendra Doss, [Taste of Home Magazine](#)

Yields 8 servings (2 ¼ quarts)

Time: About 2 hours



- 3 medium yellow onions, diced
- 8 celery ribs (from 1 whole head of celery), diced
- 1 tablespoon butter
- 3 14.5-oz. cans reduced-sodium chicken broth
- 5 large ears of fresh corn, kernels removed (or use 5 cups frozen corn if fresh is not available)
- 2 ¼ teaspoons curry powder
- ¼ teaspoon salt
- ¼ teaspoon fresh ground pepper
- Dash cayenne pepper
- ½ cup all-purpose flour
- ½ cup milk (Any kind will do. I used 1% milk.)
- 1 to 1 ¼ lb. boneless skinless chicken breasts
- ¼ cup minced fresh cilantro
- whole grain crusty bread, for serving

In a large Dutch oven or pot, sauté onions and celery in butter over medium-low heat until tender, about 30 minutes. Stir in the broth, corn, curry powder, salt, pepper and cayenne. Increase heat and bring to a boil. Reduce heat; cover and simmer for at least 15 minutes or more.

Meanwhile, bring a separate pot of water to a boil and poach chicken until cooked through (This will range anywhere from 5 to 15 minutes depending on how thick your chicken breast is. Just keep an eye on it.) Remove chicken from pot and set aside. Dice into small pieces.

In a small bowl, whisk flour and milk with a fork until smooth and no lumps remain. Stir into the pot. Increase heat and bring back to a boil; cook and stir for 2 minutes or until thickened. Add chicken and cilantro; heat through. Season to taste. Serve with warm crusty bread on the side.

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