

# Chicken and Corn Chowder

- 2 cans shoe peg corn**
- 2 cups diced roast chicken ( store bought rotisserie chicken works great**
- 1/2 cup sliced chorizo sausage**
- 3/4 cup chopped onion**
- 1/2 cup chopped celery**
- 1 1/2 teaspoons butter**
- 2 cups cubed red potato**
- 1 large carrot grated**
- 1 tablespoon fresh thyme leaves**
- 1/2 teaspoon salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 bay leaf**
- 2 1/4 cups evaporated fat-free milk**
- 1 1/2 cups 1% low-fat milk**
- 1 1/2 tablespoons dry sherry**
- 1 tablespoon chopped fresh parsley**

Cook bacon and chorizo in a Dutch oven over medium heat until crisp, stirring occasionally. Remove bacon and chorizo from pan with a slotted spoon, reserving 2 teaspoons drippings in pan. Return bacon to pan; increase heat to medium-high. Add onion, celery, and butter; sauté 6 minutes or until vegetables are tender. Add all remaining ingredients but parsley. Bring to a slow simmer, do not boil and cook until the potatoes are fork tender. Remove the bay leaf, remove from heat and chill overnight so the flavors come together.

Reheat the next day and thin with lowfat milk if the chowder becomes too thick. Sprinkle parsley on top before serving.