

# Chicken Potpie Chowder

1 - 2 Tbsp. Butter  
1 cup chopped onions  
1 cup diced celery  
1 tsp. Minced garlic (2)  
3 cups reduced-sodium chicken  
broth + depending could be more  
2 cups peeled, cubed potatoes or sweet potatoes  
1 tsp. Dried thyme  
1/2 - 1 tsp. Poultry seasoning  
1/2 tsp. Sea salt and black pepper  
1 can (14 oz) cream style corn  
2 cups of fresh sliced or chopped carrots  
1 cup of green beans canned and drained  
3 cups of chopped cooked chicken breasts (4-5)  
1 1/2 cups of half and half (10%)\*\*  
2 tbsp. Cornstarch +  
2 tbsp. Minced fresh parsley

\*\* to lighten up the recipe use 2% evaporated milk instead of cream .

In a large soup pot, melt butter over medium heat. Add the onion, celery, carrots and garlic. Cook and stir until vegetables begin to soften, about 8 minutes.

Add broth, Potatoes, thyme, seasoning. Bring to a boil, then reduce heat to low and simmer, for 10 minutes. Add cream corn and green beans. Simmer for 5 minutes.  
Stir in chopped chicken and mix well.

In a measuring cup, whisk together cream and cornstarch until smooth with no lumps. Add to chicken mixture in pot.  
Increase heat so the chowder comes to a gentle simmer and begins to thicken. Stir often. Add parsley and serve hot.  
Makes about 12 cups.