



INGREDIENTS

- 2 cans of Creamed Corn
- 2 cans of Evaporated Milk
- 3 Potatoes, diced
- 1 Onion, sliced
- 1 cup Milk
- 1 tbsp Garlic Powder
- 6 oz Fish of Choice

DIRECTIONS

1. Prepare all vegetables as stated above. Chop the onion into thin slices, dice potatoes and add corn to a bowl.
2. In the bottom of a slow cooker, mix milk, butter for taste, and selected seasoning.
3. Place vegetables into a slow cooker and evenly coat with sauce mixture.
4. Cook on low for 6 hours or on high for 3 hours.
5. Place fish in slow cooker for last 15 minutes.
6. Serve with your favorite bread and enjoy!

Tips:

You can use other milk products instead of skim for a different taste/texture. Vegetarian? Skip the fish and add cauliflower and broccoli at the start! If you are using frozen fish place into slow cooker with the vegetables.

Corn Chowder

Gluten Free

Yield:
4-6 Servings

Prep Time:
10 Min

Cook Time:
4-6 hours