

## Chicken Corn Chowder

Makes 6 servings

- 4 slices bacon, chopped
- 1 medium onion, chopped
- 3 T. all-purpose flour
- 1 lb. Yukon Gold potatoes, peeled and chopped
- 6 c. reduced-sodium chicken broth
- 4 c. shredded cooked chicken (from a 2 ½-3 lb. roasted chicken)
- 3 c. fresh corn kernels (cut from about 3 ears)
- ¼-1/2 c. heavy whipping cream
- 2 medium tomatoes, seeded and chopped
- 1 avocado, pitted, peeled, and chopped
- 1 c. loosely packed cilantro leaves
- 2 limes, cut into wedges
- Freshly ground black pepper

In a large, heavy pot over medium-high heat, cook bacon, stirring often, until fat is rendered and meat starts to brown. Add onion, reduce heat to medium, and cook, stirring occasionally, until soft, about 3 minutes. Sprinkle with flour and stir until flour smells toasty, but hasn't started to brown, about 3 minutes

Add potatoes and broth. Bring to a boil, stirring constantly. Reduce heat and simmer until potatoes are barely tender when pierced, about 5 minutes. Add chicken and corn and bring to a boil, then reduce heat to low and stir in cream to taste. Heat through, about 2 minutes. Serve in soup bowls, garnished with tomatoes, avocado, cilantro, a squeeze or two of lime juice, and pepper taste.