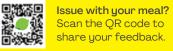


Cal Smart Turkey Corn Chowder

with Garlic-Chive Ciabatta Points

Calorie Smart

30 Minutes







Ground Turkey



Old Bay Seasoning

Corn Kernels







Russet Potato

Mirepoix







Ciabatta Roll

Vegetable Stock Powder

Cream Sauce Spice Blend

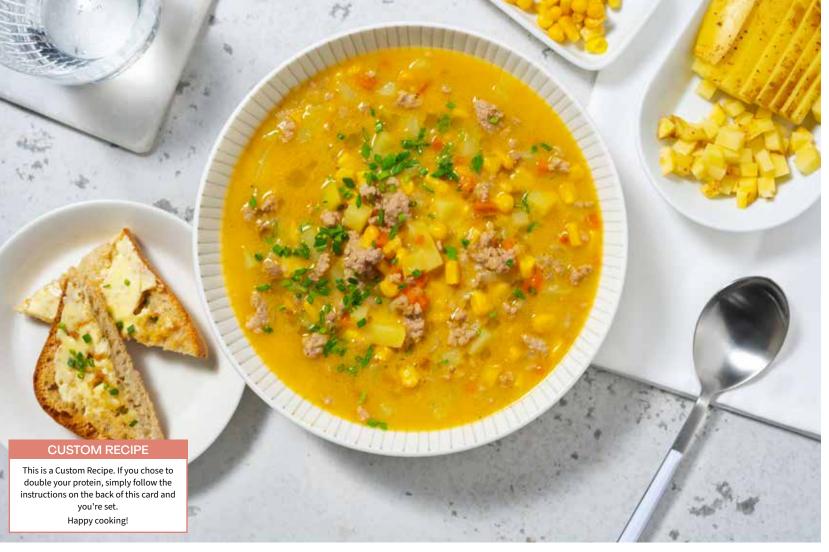






Cream Cheese

Garlic, cloves



Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.
- Remove 1 tbsp (2 tbsp) butter from the fridge and set aside to come up to room temperature.

Measurements 1 tbsp (2 tbsp) within steps Ingredient 4 person

Bust out

Baking sheet, medium bowl, vegetable peeler, measuring spoons, small bowl, measuring cups, whisk, large pot

Ingredients

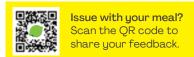
	2 Person	4 Person
Ground Turkey	250 g	500 g
Double Ground Turkey	500 g	1000 g
Old Bay Seasoning	1 tbsp	2 tbsp
Corn Kernels	113 g	227 g
Russet Potato	230 g	460 g
Mirepoix	113 g	227 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Chives	7 g	14 g
Ciabatta Roll	1	2
Cream Cheese	43 g	86 g
Garlic, cloves	1	2
Unsalted Butter*	2 tbsp	4 tbsp
Salt and Pepper*		

- * Pantry items
- ** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.





Prep

- · Peel, then mince or grate garlic.
- Peel, then cut **potato** into 1/4-inch pieces.
- Thinly slice **chives**.



butter

- Heat a large pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) butter, then mirepoix. Cook, stirring occasionally, until slightly softened, 2-3 min.
- Meanwhile, add half the garlic, ½ tbsp (1 tbsp) chives and 1 tbsp (2 tbsp) softened butter to a small bowl. Season with salt and pepper, to taste, then stir to combine.



Start chowder

- Add turkey and remaining garlic to the pot. Cook, breaking up **turkey** into smaller pieces, until no pink remains, 4-5 min.**
- Add potatoes, Cream Sauce Spice Blend, stock powder and 2 tsp (4 tsp) Old Bay **Seasoning**. Cook, stirring often, until **mixture** is coated. 1 min.
- Add 3 cups (5 ½ cups) water, then bring to a boil over high.

If you've opted for **double turkey**, prepare and cook it in the same way the recipe instructs you to prepare and cook the regular portion of **turkey**. Work in batches, if necessary.



Finish soup

- When boiling, add **corn**, then reduce heat to medium. Partially cover and cook, stirring occasionally, until veggies are tender, 10-12 min.
- Meanwhile, add cream cheese and ½ cup (1 cup) liquid from chowder to a medium bowl. Whisk until smooth.
- When **chowder** is done, stir in cream cheese mixture. Season with remaining Old Bay Seasoning, to taste, or salt and pepper, if desired.



Toast ciabatta

- While chowder cooks, halve ciabatta.
- Arrange on an unlined baking sheet, cut-side up.
- · Spread garlic-chive butter on the cut sides.
- Broil in the top of the oven until goldenbrown, 1-2 min. (TIP: Keep an eye on buns so they don't burn!)



Finish and serve

- Halve ciabatta diagonally.
- Divide turkey corn chowder between bowls. Sprinkle remaining chives over top.
- Serve ciabatta points alongside for dipping.

Dinner Solved!