

Chicken And Mushroom Chowder

SOURCE: www.stltoday.com/lifestyle/cooking

INGREDIENTS:

1/4 C dried porcini mushrooms	2 slices bacon
2 ears corn or 1 C frozen corn kernels	1 onion, diced
2 cloves garlic, minced	2 russet potatoes, diced
1 boneless, skinless chicken breast half, diced	
2 (14 1/2-oz) cans chicken broth	
1 (28-oz) can peeled tomatoes, drained and diced	
2 packed C baby spinach leaves	1 bay leaf
2 TBS fresh thyme leaves	1 tsp herbs de Provence
1 tsp salt	1/2 tsp red pepper flakes
1/2 tsp ground allspice	Freshly ground black pepper
2 TBS chopped flat-leaf parsley	2 TBS chopped cilantro

DIRECTIONS:

Place mushrooms in small bowl - cover with boiling water – set aside for 20 minutes. Meanwhile, cook bacon in Dutch oven over medium heat till crisp (5 minutes). Remove bacon, leaving the fat in the Dutch oven. Crumble bacon into pieces - set aside. Cut corn kernels off the cobs.

Add onion to Dutch oven - cook till softened (about 3 minutes) - add garlic - cook 1 minute - add chicken - cook, stirring often, till it turns white (about 4 minutes). Add potatoes, corn, broth + tomatoes - cook 4 minutes.

Meanwhile, slice spinach into thin strips. Add spinach, bay leaf, thyme, herbs de Provence, salt, pepper flakes, allspice + black pepper to taste to chowder. Carefully drain mushrooms - add to chowder.

Increase heat to medium-high. Cook till potatoes are tender (about 10 minutes). Adjust seasonings. Stir in parsley and cilantro. Garnish with bacon.

Yield: 6 servings

PER SERVING: 200 calories; 3g fat (13% calories from fat); 1g saturated fat; 14.5mg chol; 15g protein; 32g carbohydrate; 6g fiber; 1,081mg sodium