

CABBAGE-CORN CHOWDER

1 lb. ground turkey, chicken, or pork
2 tablespoons (+) oil
1 small cabbage or 1/2 large cabbage, chopped
1 medium to large onion, chopped
1 can corn (not drained)
6 cups milk
12-oz. can evaporated milk
1 ½ teaspoons salt
3/4 teaspoon pepper
Optional – 2 tablespoons butter or margarine
Optional – Nutmeg or Allspice

1. Brown ground meat, seasoning with salt and pepper. Drain fat, if needed.
2. Add 2 tablespoons oil, the cabbage, and the onion. Fry until cabbage and onion is tender and translucent, adding more oil as needed.
3. Add milk, evaporated milk, corn, salt, and pepper (and butter or margarine, if desired). Heat through.

Optional: Sprinkle individual bowls of chowder with nutmeg or allspice.