Healthy Pioneer Woman-Style Chicken Corn Chowder

Printable grocery list · Serves 6

PROTEIN

- [ ] 4 cups shredded cooked chicken breast
- [ ] 4 slices center-cut bacon

PRODUCE

- [ ] 3 celery stalks
- [ ] 1 red bell pepper
- [ ] 1 large onion
- [ ] 3 garlic cloves
- [ ] 2 medium russet potatoes
- [ ] Fresh chives (optional)

FROZEN

- [ ] 4 cups frozen sweet corn

DAIRY

- [ ] 1 cup fat-free half & half

PANTRY

- [ ] 6 cups fat-free chicken broth or bone broth
- [ ] 1/3 cup all-purpose flour
- [ ] Vegetable cooking spray

SPICES

- [ ] Salt and pepper