



From <https://www.dinneratthezoo.com/leftover-ham-recipes/>

This is delicious! And EASY! *I have added my input in italics.*

Ham and Corn Chowder

This creamy ham and corn chowder is loaded with veggies, potatoes and bacon and is the perfect way to repurpose leftover ham.

Prep Time 15 minutes

Cook Time 30 minutes

Total Time 40 minutes

Servings 6

Calories 491kcal

Ingredients

- 2 tablespoons butter
- 1 onion chopped
- 1/2 cup carrots peeled, halved and sliced
- 3 tablespoons flour
- 2 1/2 cups ham diced
- 3 1/2 cups chicken broth *I used chicken bone-broth for more protein.*
- 1 1/2 cups frozen corn
- 2 teaspoons fresh thyme leaves
- 2 small russet potatoes peeled and cut into small cubes *Big ones work too.*
- 1 cup heavy cream *I used half and half.*
- 4 slices bacon cooked and crumbled *I did NOT add bacon.*
- salt and pepper to taste

Instructions

1. Heat the butter in a large pot over medium high heat. Add the onions and carrot and cook for 4-5 minutes or until just softened.
2. Whisk in the flour, stirring constantly. Cook for 1 minute.
3. Slowly add the chicken broth, whisking constantly. Bring to a simmer. Add the ham, corn, thyme and potatoes.
4. Simmer for 25 minutes or until potatoes are tender, stirring occasionally. Add the heavy cream and bacon. Cook for 5 more minutes. Serve.

Nutrition

Calories: 491kcal | Carbohydrates: 27g | Protein: 19g | Fat: 19g | Saturated Fat: 17g | Cholesterol: 110mg | Sodium: 652mg | Potassium: 753mg | Fiber: 2g | Sugar: 1g | Vitamin A: 50.3% | Vitamin C: 23.1% | Calcium: 5.6% | Iron: 10.9%