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*Our Heart "Beets" Plant Strong*

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## Corn Chowder

### Ingredients:

- 2 bags frozen corn-10 oz per bag
- 1 red pepper, chopped
- 4 white potatoes, diced
- 1 tablespoon miso paste
- 1 carrot, chopped
- 1 jalapeño, chopped
- Smoked paprika
- Black pepper to taste

### Directions:

1. Place all ingredients in your Instant Pot, lock the lid and make sure your valve is sealed.
2. Select the soup button and set your time at 15 minutes.
3. Allow to cook and have pressure release naturally.
4. Use an immersion blender to pulse your cooked vegetables into more of a chowder consistency.
5. Serve and enjoy! Optional garnish with a sprinkle of smoked paprika on top.

### ***Protein and nutrition breakdown:***

Frozen corn 160 calories, 6 grams protein

Red pepper 37, 1 gram protein

Carrots 3 oz 35, 1 gram protein

Miso 34, 2 g protein

Potatoes 210 calories, 6 gram protein

Jalapeño 20, ½ gr protein

Total 462 calories, 16 grams protein