

## Chicken Corn Chowder

2 teaspoons olive oil  
2 cans whole kernel corn  
1 can creamed corn  
1 medium onion, chopped  
½ teaspoon dried thyme  
2 cups fat-free reduced-sodium chicken broth  
2 cups low-fat milk  
3 tablespoons all-purpose flour  
2 teaspoons sugar  
2 cups cubed cooked chicken breast (about 10 ounces)  
¼ teaspoon salt  
¼ teaspoon freshly ground black pepper

Heat the oil in a large pot over medium heat. Add the corn, onion, and thyme and cook, stirring occasionally, until soft, 10-12 min. Combine the broth, milk, flour and sugar. Pour into the pot. Cook, stirring, until slightly thickened and just starting to boil. Add the chicken, salt and pepper.

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