

## Z Trim Chicken Vegetable Chowder

100 Servings			
Ingredients	Weight	Measure	Directions
ZTRIM CORN FIBER	9.00	Oz.	1. Pre-Blend Z Trim Corn Powder with water, blend until smooth, and add the Buttermilk Powder and Evaporated Milk blend until smooth. Set aside.
Water	137.00	Fl. Oz.	2. Sweat Leeks, Onions, and Celery in the Canola Oil with out browning them.
Evaporated Milk 2%	128.00	Fl. Oz.	3. Add Chicken Stock and seasonings bring to a boil, reduce to a simmer and add Z Trim / Milk mixture.
Canola Oil	8.60	Fl. Oz.	4. Remove from heat puree in a food processor, blender or food mill;
Leeks Chopped (Fresh)	1.10	Lbs.	5. Return to low heat and add remaining vegetables and chicken.
Onion Chopped (Fresh)	4.40	Lbs.	6. Continue to simmer until heated throughout and vegetables are tender. Adjust seasoning if needed.
Celery Chopped (Fresh)	4.00	Lbs.	
Garlic Powder	1.80	Oz.	
Chicken Stock	188.00	Fl. Oz.	
Salt	2.64	Oz.	
Ground white pepper	0.28	Oz.	
Ground Poultry Seasoning	0.04	Oz.	
Buttermilk Powder	9.0	Oz	
Red Bell Pepper Chopped (fresh)	21.20	Oz.	
Green Beans (Frozen)	37.50	Oz.	
Mushroom chopped (fresh)	13.56	Oz	
Carrots Chopped (fresh)	1.80	Lbs.	
Chicken (cooked)	2.80	Lbs.	
<b>Nutrients Per Serving 227 grams</b>			
<b>Calories</b>	110	<b>Saturated Fat</b>	0g
<b>Protein</b>	7g	<b>Cholesterol</b>	10mg
<b>Carbohydrate</b>	14g	<b>Vitamin A</b>	35%
<b>Total Fat</b>	3.5g	<b>Vitamin C</b>	25%
		<b>Iron</b>	4%
		<b>Calcium</b>	20%
		<b>Sodium</b>	670mg
		<b>Dietary Fiber</b>	3g