

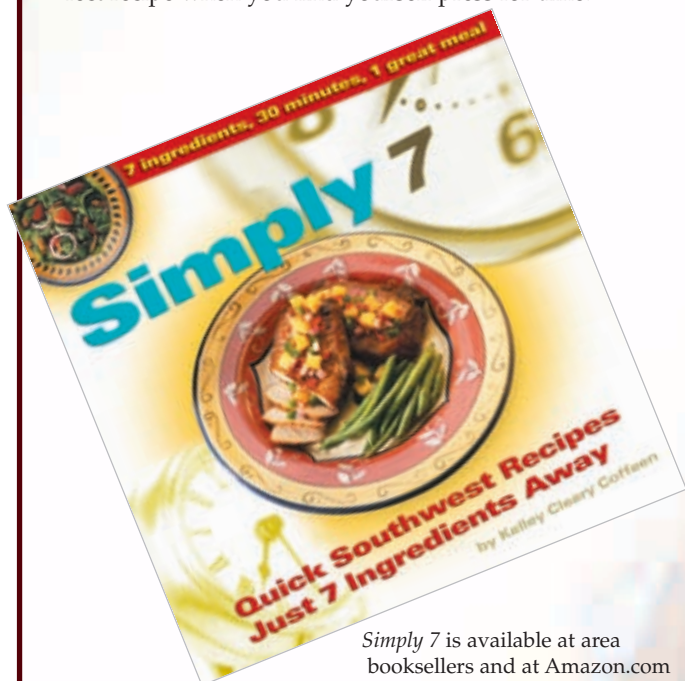


Kelley's Kitchen



On any given day of the week I find myself picking kids up, dropping kids off, weaving doctors appointments and parent-teacher conferences in between marketing and business meetings, and juggling my responsibilities. Some days I think I've got it, and there are others when I know I am over committed. So cooking a few meals for the family during the week can be overwhelming at best. It used to be that my kids begged to go out for fast food. These days I find myself apologizing for eating too many fast food dinners in one week! That's why I know how America wants to cook. I live it every day. When I cook, it has to be quick, easy and bursting with flavor.

That's how I cook on television. That's right! Every week in El Paso, Texas I have the opportunity to share flavorful recipes with my television audience in West Texas and Southern New Mexico. Since the show began airing in 1998, I developed what I call a "7/30 cooking concept" for "Kelley's Kitchen." My recipes contain no more than 7 ingredients, and I try to keep the actual hands-on preparation time to 30 minutes, excluding baking or roasting time. Chile Corn Chowder is the perfect recipe when you find yourself press for time!



Simply 7 is available at area booksellers and at Amazon.com

CHILE CORN CHOWDER



This is my version of my favorite Mexican side dish. I love the combination of green chile, corn and zucchini. I created this creamy chowder to reflect those same flavors, all folded into a hearty cheese soup.

- 2 cans (10¾ ounces) Campbell's condensed Fiesta Nacho Cheese Soup
- 2½ cups Half and Half Cream
- 3 tablespoons butter
- 3 cloves garlic, peeled and minced
- 2 (15 ounce) cans whole kernel corn, drained
- 2 large zucchini, chopped into ¼ inch pieces
- 1 cup hot green chile, roasted, seeded and chopped
- 1 cup grated cheddar cheese (optional)

Combine the condensed soup and the half and half cream in a large pot. Simmer over medium-low heat, stirring occasionally. In a separate skillet, sauté the butter, garlic, corn, zucchini, and chile until zucchini starts to soften. Add to the soup mixture and simmer for 10 to 12 minutes. Serve in individual bowls. Top with cheese if desired.