

# 'ULU (BREADFRUIT) CHOWDER

## INGREDIENTS

- 4 cups cooked and cubed **mature 'ulu** (about 2 pounds)
- 1 medium **round onion**
- 3 slices **lower sodium bacon**
- 3 cups **water**
- 2 (11 ounce) cans **cream style corn** (see "Notes" section below)
- 3 cups **low-fat milk**
- 1 teaspoon **salt**
- 1 teaspoon **black pepper**

### Thickening:

- 2 tablespoons **cornstarch**
- ¼ cup **water**

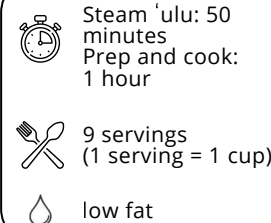
## DIRECTIONS

Always practice food safety when cooking.

- 1) Prepare 'ulu as described in the Food Basics section on pages 21 to 22.
- 2) Cut 'ulu into 1 inch pieces. Set aside.
- 3) Chop onion into ½ inch pieces. Set aside.
- 4) Slice bacon into ½ inch lengths.
- 5) In a large pot on medium heat, fry bacon until medium done. Remove excess fat.
- 6) Add onion to bacon, stir, and cook until onion is soft and somewhat clear.
- 7) Add 'ulu, water, corn, milk, salt, and pepper. Simmer for about 5 minutes.
- 8) In a small bowl, mix thickening ingredients and add to soup. Stir until soup is thickened.

## NOTES

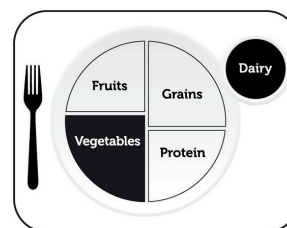
- Cream style corn thickens the soup. Regular corn may be substituted, but will result in a less creamy soup.
- Additional vegetables such as bell peppers and celery can be added.
- Reconstituted nonfat/fat-free dry milk can be used in place of low-fat liquid milk.
- Low fat ham can be used instead of bacon.
- 'Ulu can be steamed and frozen ahead of time.
- Potato can be used in place of 'ulu.



Steam 'ulu: 50 minutes  
Prep and cook: 1 hour

9 servings  
(1 serving = 1 cup)

low fat



Nutrition Facts	
9 servings per container	
<b>Serving size</b>	<b>1 cup (363g)</b>
Amount per serving	
<b>Calories</b>	<b>210</b>
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 490mg	21%
Total Carbohydrate 47g	17%
Dietary Fiber 6g	21%
Total Sugars 18g	
Includes 0g Added Sugars	0%
<b>Protein 6g</b>	
Vitamin D 1mcg	6%
Calcium 131mg	10%
Iron 1mg	6%
Potassium 751mg	15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.