

SOUP

Slow Cooked Ham and Potato Chowder

13 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
260 min	20 min	240 min	8	\$0.75	200 kcal



You can never have too many hor d'oeuvre recipes, so give Slow Cooked Ham and Potato Chowder a try. One serving contains 199 calories, 7g of protein, and 7g of fat. For 75 cents per serving, this recipe covers 9% of your daily requirements of vitamins and minerals. This recipe serves 8.

Ingredients

☐ 2 tablespoons butter	☐ 1 teaspoon celery seed
☐ 2 tablespoons chicken soup base	☐ 10¾ ounce condensed cream of chicken soup canned
☐ 1 cup cubed cooked ham	☐ 1 cup corn kernels
☐ 1 teaspoon dried dill weed	☐ 1 tablespoon dried parsley
☐ ¼ cup all-purpose flour	☐ 8 servings salt and ground black pepper to taste
☐ 4 potatoes, peeled and cut into 1 inch cubes	☐ ½ cup warm water

☐ 1 small yellow onion, diced

EQUIPMENT Whisk, Slow cooker

Method

- 1 Whisk 3 cups warm water with chicken soup base in slow cooker until soup base has dissolved; stir in cream of chicken soup until almost smooth.
- 2 Stir potatoes, ham, corn, yellow onion, and butter into the soup mixture.
- 3 Place flour and 1/2 cup water into a small container with a lid and shake well to combine into a smooth mixture; stir flour mixture into soup.
- 4 Mix in parsley, dill, and celery seed. Season soup with salt and black pepper.
- 5 Cook chowder on High for 4 hours or Low for 8 hours, stirring once or twice during cooking.

Nutrition per serving

200

KCAL

7 g

PROTEIN

7 g

FAT

29 g

CARBS

Saturated Fat

2.8 g · 18% of daily needs

Fibre

3.2 g · 13% of daily needs

Sugar

2.6 g · 3% of daily needs

Sodium

803 mg · 35% of daily needs

Cholesterol

21.1 mg · 7% of daily needs

Vitamin C

25.7 mg · 31% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/slow-cooked-ham-and-potato-chowder-142371