

A Recipe from the Cooking for Life Program:
Colorful Corn Chowder

Ingredients

- 2 Tbsps. Canola oil
- 4 or 5 unpeeled potatoes, cubed
- 2 cups corn
- 3 large cloves garlic, chopped
- ½ cup chopped onion
- ¼ cup chopped shallot
- 1 cup chopped carrot
- 1 Tbsp. fresh thyme
- 2 small bay leaves
- ½ tsp. dry mustard
- 3 cubes chicken bouillon
- 3 cups water
- 2 ½ cups lowfat milk
- 3 Tbsps. flour
- 8 oz. sharp cheese, grated (approx. 2 cups)
- salt and pepper to taste



Directions

1. In a large pot, sauté the onions, garlic, carrots until onions are soft.
2. Add 3 cups water, bouillon cubes, chopped potatoes; bring to a boil.
3. Cover and simmer until potatoes are done, about 5 to 10 minutes.
4. Add 2 cups milk and corn.
5. Heat but **DO NOT BOIL**.
6. Mix ½ cup milk with 3 Tbsps. flour. Whisk until smooth and add to the soup.
7. Add bay leaves and dry mustard
8. Add cheese. Stir until melted.
9. Add fresh thyme. Cook another minute then serve.
10. Top each serving with a bit of grated cheese and a sprig of parsley.

Makes 6 servings

Cooking for Life is a collaboration of the Vermont Campaign to End Childhood Hunger and UVM Extension's Expanded Food and Nutrition Education Program.