

Carrot & Corn Chowder

Ingredients:

3 mL	olive oil
½	leek (white & light green part only), sliced thinly
½	onion, chopped
190 mL	water
1/2	potato, peeled and diced
1	carrot, peeled and diced
½	sweet potato, peeled and diced
60 mL	coarsely chopped fresh parsley
12 mL	flour
190 mL	milk
190 mL	corn
5 mL	chicken Oxo (or 1 package) – or a cube of vegetarian
1 mL	dried thyme
Salt and pepper to taste	



Method:

1. Wash and prepare all vegetables (leek, onion, potato, carrot, sweet potato and parsley).
2. In a large pot, heat oil over medium heat, cook onions and leeks, stirring occasionally for 5-10 minutes or until onions are tender. Add a little of the water if necessary to prevent sticking.
3. Add 150 mL of the water, potato, carrots, sweet potato and half of the parsley; cover and simmer on low until vegetables are tender for about 15 minutes.
4. Mix flour with remaining water in a small bowl then stir into soup.
5. Add milk, bring to a simmer (=steaming), stirring.
6. Add corn, salt, pepper, chicken oxo, thyme and remaining parsley; simmer for 1 minute