

Corn Chowder

Ingredients

- 1 carrot 🥕
 - 1 celery stalk
 - 1 onion
 - 1 potato
 - 1 cup of water
 - 1-2 teaspoons of powdered stock
 - 40g butter
 - ½ cup milk
 - 3 Tablespoons of flour
 - 1 can of creamstyle-corn
 - 1 can garden peas
- Optional: add any other cooked vegetables you enjoy at step 7, and or x4 cooked sausages broken up



Directions

- 1) Cut the carrot, celery, onion, and potato into small pieces.
- 2) In a large pot, cook the chopped veggies in the water until tender.
- 3) Add the stock to the veggies and stir over a low heat, once the stock is dissolved, remove the veggies from the heat (leave all liquid and veggies together).
- 4) In a separate pot, melt the butter, stir in the flour and cook briefly.
- 5) Open the can of peas and add the liquid from the can into the flour and butter mixture along with the milk. Stir constantly until there are no lumps and it begins to boil.
- 6) Add the flour and butter sauce to the pot of veggies, add in the can of corn and the can of peas.
- 7) Continue cooking the chowder over a low heat until the mixture boils and thickens.
- 8) Serve up in a bowl with some grainy toast and enjoy!

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