



VEGETARIAN CORN CHOWDER

Ingredients

For 4 people

6 tbsp butter
1 diced onion
1/2 diced celery
6 tbsp all-purpose flour
2 cans vegetable broth
2 cans creamed corn
1 can whole kernel corn
2 tbsp shredded carrot
340g cream
250g cup skim milk
1/2 tsp ground nutmeg
1/4 tsp ground black pepper
1 pinch salt

Steps

- 1.** In a large saucepan over medium heat, melt butter. Cook onions and celery in butter 3 minutes.
- 2.** Whisk in flour and cook 6 minutes more, until light brown.
- 3.** Whisk in broth and simmer 10 minutes.
- 4.** Stir in creamed corn, corn, carrot, cream, milk, nutmeg, pepper and salt. Simmer over low heat 10 minutes more.