

## Lightened Up Chowder

### Cooking Instructions

1. Heat 1 tablespoon olive oil in a large soup pot over medium heat. Add chopped leek or onion and sauté. Peel and chop potatoes into bit sized pieces. Add to onions in the pan.
2. While potatoes are cooking, peel and chop carrots and celery. Add to potatoes and cook just until getting soft about 5 minutes. Add garlic and saute for 1 minute.
3. Add salt, pepper, thyme and Old Bay seasoning.
4. Add 4 cups of vegetable broth to pot. Add 1 cup of lentils and stir. Bring to a boil and reduce to a simmer. Cover and cook until potatoes and lentils are soft, 15-20 minutes. Stir occasionally, if lentils are absorbing too much liquid, add vegetable broth.
5. When lentils are soft, gently mash some potatoes to thicken soup. Add frozen or canned corn.
6. Add milk of choice and stir to combine. Heat soup through. Add any cooked fish for a fish chowder.

### Recipe

- 1 tablespoon olive oil
- 2 medium sized Yukon gold potatoes
- 2 carrots peeled and chopped
- 1 leek chopped or onion
- 2 stalks of celery
- ¾ cup canned or frozen corn
- 2-3 large garlic cloves chopped
- 1 cup red lentils
- 4 cups vegetable broth
- 1 cup milk of choice
- 1 teaspoon black pepper
- ½ teaspoon salt
- 1 tablespoon thyme
- 2 teaspoons Old Bay seasoning
- Toppings –add cooked fish if desired!

### Grocery List – Add optional ingredients as desired

#### Produce

- 2 carrots
- 1 leek or onion
- 2 medium Yukon gold potatoes
- Celery
- Garlic

#### Protein

- Red lentils or fish

#### Dairy

- Milk (cow, coconut, nut milk)

#### Canned Goods

- Vegetable broth
- Canned or frozen corn

#### Pantry Items

- salt
- pepper
- olive oil
- thyme
- Old Bay seasoning