

Creamy Potato Corn Chowder

Cooking Instructions

1. Sauté onions and garlic in olive oil for about 5 minutes.
2. Add celery, potatoes, corn, thyme, salt and pepper, then cover and cook for 5 more minutes. Stir as needed and add a small amount of water to the pot if things start to stick.
3. Add broth and milk and cook until potatoes are soft.
4. Transfer roughly ½ of the soup to a blender and blend until smooth. Pour back into pot.
5. Rinse and add the 2 cans of white beans.
6. Season to taste and add any optional toppings.

Recipe

- 1 tablespoon olive oil
- 1 onion, diced
- 3 garlic cloves, minced
- 3 stalks of celery, chopped
- 2 cups yellow potatoes, chopped
- 3 cups frozen or canned corn
- 1 tablespoon thyme
- 1 tablespoon salt
- ½ tablespoon pepper
- 4 cups vegetable broth
- 2 cups milk (dairy, almond, soy, etc.)
- 2 15oz cans white beans
- Salt and pepper to taste
- Optional Toppings – scallions, cheese, lemon juice, whole wheat bread, parsley, etc.

Grocery List (add optional toppings to list as desired)

Produce

- 1 white or yellow onion
- 3 cloves of garlic
- 3 stalks of celery
- 4-5 yellow potatoes
- 3 cups worth of frozen or canned corn

Canned Goods

- olive oil
- 32oz Vegetable Broth
- 2 15oz cans white beans (navy, cannellini, great northern, etc.)

Optional

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Dairy

- milk (dairy, almond, soy, etc.)

Spices

- salt
- pepper
- thyme