# Corn Chowder

Portions: Serves 6-8

Ingredients:

Amount Item

2 Tbsp Butter

1 medium Onion, chopped

1 medium Red bell pepper, seeded and medium diced

3 medium Red potatoes, medium diced

1 (1lb) bag Frozen corn kernels

1 tsp Dried thyme

To taste Salt

1/3 cup All-purpose flour

6 cups Vegetable broth

1 15 oz can White beans

1 each Bay leaf

1 cup Half-and-half

Method:

1. Melt butter in pot
2. Add chopped onion, celery and bell pepper and cook, stirring until softened (about 4-5 minutes)
3. Add potatoes, corn, thyme, and salt. Stir to combine.
4. Sprinkle flour over mixture and stir until thickened and fragrant (about 3 minutes)
5. Slowly pour in broth, stirring constantly until smooth
6. Add white beans and bay leaf, bring to a boil then reduce heat to a simmer until potatoes are tender (about 25 minutes)
7. Mix in half-and-half, serve, and enjoy!