from the MacPhee Centre Kitchen... Heather's Corn Chowder



INGREDIENTS

6 potatoes, diced 2 medium carrots, chopped

- 1 medium onion, diced
- 2 celery stalks, diced
- 2 cans creamed corn
- 2 cans milk (measure in
- empty corn cans)
 2 cups frozen corn
- 3 tbsp. butter
- 1 tsp. black pepper
- 2 tsp. salt

DIRECTIONS

- 1. Peel potatoes, carrots, and onions. Thoroughly wash the celery.
- 2. Dice all vegetables and add to a large saucepan. Cook the vegetables with 2 cups of water.
- 3. Bring to a boil and summer on low for 10 minutes.
- 4. Add corn, creamed corn, butter, pepper, salt, and milk. Stir well.
- 5. Slowly heat and be sure that it does not boil or the milk will curdle.
- 6. Let simmer on the lowest heat for about 30 minutes to allow flavours to absorb.