Corn and Potato Chowder

NIBBLEDISH CONTRIBUTOR

Ingredients

1 yellow onion (diced)
3 cloves garlic (minced)
2 tbs butter
1 1/2 tbs flour
1/2 cup fat free milk
1/2 cup evaporated milk (or 3 tbs cream cheese)
2 cups vegetable stock
2-3 Russet potatoes (cubed)
1/2 cup frozen corn
1/2 green bell pepper (diced)
1 carrot (chopped)
1 celery stalk w/ leaves (chopped)
1 tbs creole seasoning (I use Tony Chachere)
Fresh cracked pepper
2 bay leaves

Instructions

This is super easy and even more delicious!

In a large dutch oven, heat butter and add onions and garlic to sweat. After about 3 minutes, add the flour a bit at a time and slowly stir. Do not let the flour turn brown. Then, add a bit of the vegetable stock and stir continuously. Add more vegetable stock at the mixture thickens until all of the stock is added. Stir, and make sure there are not

lumps. Add about 6 cups of water and the creole seasoning.

Bring this to a boil. Add the bay leaves, potatoes, carrots, and celery. Simmer for about 10 minutes or until almost tender. Add the bell pepper, corn, milk, and evaporated milk or cream cheese. Bring to a simmer and add black pepper.

Serve with cheese or cilantro and sliced green onions. Enjoy!