Cheddar, Corn and Potato Chowder

Ingredients

3 tablespoons butter
1 yellow onion, chopped
1 tablespoon flour
32 ounces broth (or bouillon cubes + 4 cups water)
2 1/2 cups diced potatoes (about 4 large)
2 cups frozen yellow corn
2/3 cup milk
1 1/2 cup shredded cheddar cheese
Salt and pepper to taste
pinch of cayenne pepper (garnish)
Chopped parsley (garnish)

Instructions

In a large saucepan over medium high heat, melt butter and sauté onion about 5 minutes, until tender. Mix in flour, coating the onion. Add broth and bring to a boil, whisking constantly until smooth. Reduce heat, add potatoes and simmer 20 minutes until tender. Slightly mash potatoes in soup, then stir in corn and milk. Cook another 5 minutes, remove from heat and stir in cheddar cheese. Season with salt and pepper. Garnish, if desired.

Adapted from http://www.wholefoodsmarket.com/recipe/cheddar-corn-and-potato-chowder

Categories:

Potatoes
Corn
Onion