



early childhood community development centre

Corn Chowder

Ingredients - Makes 6 1-cup servings

- 1 Tbsp margarine
- $\frac{3}{4}$ cup onion, chopped
- 1-1/2 cups raw potato, diced
- 1 cup water
- 1-1/2 cups skim milk powder
- 1 cup water
- 1 Tbsp flour
- 2 cups cold water
- 2 tsp dried parsley
- 1 can (19 oz/540 mL) cream-style corn
- salt & pepper

Directions

1. Turn on stove to medium heat. Melt margarine in a large, heavy pot. Add chopped onion and cook until soft, about 5 to 7 minutes.
2. Turn stove to high heat. Add diced potatoes and 1 cup water. Heat to boiling. Then lower heat and simmer until potatoes are almost tender, about 15 minutes.
3. While vegetables are cooking, combine skim milk powder and flour in a small bowl. Add 2 cups cold water slowly and mix well. Stir in parsley.
4. Add milk mixture to potato mixture. Cook and stir mixture constantly over medium-low heat until thick and smooth.
5. Add canned cream-style corn and heat 4 to 5 minutes. Add salt and pepper to taste.

The Basic Shelf Cookbook (1994), City of York Health Unit

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