**Carrot & Corn Chowder**

**Ingredients:**

3 mL olive oil

½ leek (white & light green part only), sliced thinly

[](http://www.google.ca/url?q=http://www.fromseedtostomach.com/2012/02/corn-chowder-no-dairy-or-wheat.html&sa=U&ei=g3QPU5ziMIzloATLp4KwBg&ved=0CDsQ9QEwBw&usg=AFQjCNGKj_Z9ELa2zO0Hr-EwlYiAwOl3qg)½ onion, chopped

190 mL water

1/2 potato, peeled and diced

1 carrot, peeled and diced

½ sweet potato, peeled and diced

60 mL coarsely chopped fresh parsley

12 mL flour

190 mL milk

190 mL corn

5 mL chicken Oxo (or 1 package) – **or** a cube of vegetarian

1 mL dried thyme

Salt and pepper to taste

**Method:**

1. Wash and prepare all vegetables (leek, onion, potato, carrot, sweet potato and parsley).
2. In a large pot, heat oil over medium heat, cook onions and leeks, stirring occasionally for 5-10 minutes or until onions are tender. Add a little of the water if necessary to prevent sticking.
3. Add150 mL of the water, potato, carrots, sweet potato and half of the parsley; cover and simmer on low until vegetables are tender for about 15 minutes.
4. Mix flour with remaining water in a small bowl then stir into soup.
5. Add milk, bring to a simmer (=steaming), stirring.
6. Add corn, salt, pepper, chicken oxo, thyme and remaining parsley; simmer for 1 minute