

# Hearty Chowder

**Ingredients:**

- 4 large cubed Yukon gold potatoes
- 2-3 diced carrots (white or yellow for consistent color)
- 1 medium yellow onion, chopped
- 3 minced garlic cloves
- 4 cups of vegetable broth
- 1/2 tsp dried thyme
- 1 tsp dried parsley or 1 tbsp. fresh
- 1 bay leaf
- 1 cup corn
- 1 cup unsweetened plain almond milk
- 3 tbsp. flour for thickening (optional)
- Green onions (optional)



## Nutrition Facts

8 servings per container	
<b>Serving size</b>	<b>1 cup (267g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 19g	<b>7%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 81mg	<b>6%</b>
Iron 1mg	<b>6%</b>
Potassium 133mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Instructions:**

1. Add potatoes, carrots, onion, garlic, vegetable broth, thyme, parsley, and bay leaf to a large soup pot.
2. Cover and bring to a low boil. Cook until potatoes and carrots have softened, about 15 minutes.
3. Remove bay leaf and add the corn. Blend with an immersion blender or a blender.
4. Add almond milk and flour. Stir and return to a low boil for about 5 minutes. Stir occasionally.
5. Serve topped with green onions, salt and pepper to taste.

Cost per serving: \$0.61

Recipe by Emily Rogers