



Potato, Corn & Tomato Chowder

This really is as creamy as it looks. The butter and potatoes compliment the thyme, pepper and garlic flavor really well. This heartwarming dish is all you need to lift your spirits.

**Time: 40 minutes

**Makes: 2 bowls

Ingredients

- 2 tablespoons (1/4 stick) butter
- 1/4 cup all-purpose flour
- 1 cup green bell peppers, finely diced
- 2 tablespoons garlic, minced
- 1 1/2 cups corn
- 2 cups of vegetable stock
- 150ml cups of double cream
- 1/4 teaspoon chopped fresh thyme
- 2 large potatoes, chopped in 1/2" cubes
- 1 large onion finely diced or 1 teaspoon onion powder
- Salt and pepper, to taste
- Minced fresh coriander (optional)
- One tomato, sliced longitudinally



Method

Melt your butter in small saucepan over medium heat, and stir in flour. Cook for about three minutes. Remove from heat.

Put your tomato slices in a lightly greased non-stick frying pan and fry them lightly just until they are soft. Then set them aside.

In a medium sized sufuria, add bell peppers, garlic, onions to a small amount of vegetable oil and sauté until peppers soften.

Add stock, cream, thyme, potatoes and bring to a simmer. Cook 20 minutes. This time may vary depending on the size of your cubed potatoes. Halfway through add your corn.

Add roux to still-simmering mixture and cook another 5 minutes until the chowder thickens enough to coat the back of your mwiko. Season with salt and pepper.

Ladle chowder into serving bowls, laying one slice of the fried tomato cut in half on top. Garnish with your coriander and serve.