

Corn Chowder

Recipe reprinted with permission from: Ottawa Public Health Nudge Strategies Toolkit



Servings: 4 to 6

Ingredients:

- 1 Tbsp (15 mL) oil
- $\frac{3}{4}$ cup (175 mL) chopped onion
- 1 $\frac{1}{2}$ cups (375 mL) chopped potatoes
- 1 cup (250 mL) water
- 1 $\frac{1}{2}$ cup (375 mL) milk
- 1 Tbsp (15 mL) flour
- 2 tsp (10 mL) dried basil (optional)
- 1 can (19 oz / 540 mL) cream style corn
- $\frac{1}{4}$ tsp (1 mL) salt
- black pepper to taste

Preparation:



1. Heat oil in a heavy pot over medium heat. Add onions and cook until soft, about 5 minutes
2. Add potatoes and water. Bring to a boil
3. Turn heat to low. Cover and simmer until potatoes are almost soft, about 15 minutes
4. Mix milk, flour and basil (or another similar spice) in a bowl
5. Add milk and flour mixture to potatoes
6. Turn heat to medium-low. Cook until thick and smooth. Stir constantly
7. Add corn, mix, and heat for 5 more minutes
8. Add salt and pepper