

# Corn Chowder

- WHAT YOU NEED!
- corn
  - celery
  - onion
  - peppers
  - carrots
  - salt
  - pepper
  - broth
  - potatoes
  - flour

30 minutes  
make ahead  
freezable  
nearly lunch

## Directions:

- 1) onions, celery, peppers, carrots, potatoes all go into the pot with olive oil.
- 2) add 1 table spoon of flour
- 3) slowly add broth
- 4) bring to a gentle boil, then simmer
- 5) wait for the magic to happen ...
- 6) enjoy a bowl of love.



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