

## HAM AND CORN CHOWDER INGREDIENTS

1 tablespoon butter  
2 tablespoons canola oil  
1 onion, finely chopped  
2 small bell peppers (1 green and 1 red), cored, seeded, and diced  
2 tablespoons all-purpose flour  
1 pound potatoes, peeled and diced  
3 cups hot chicken stock  
1 bay leaf  
Salt and freshly ground pepper  
1 cup milk  
11 oz. can of yellow corn, drained  
¼ lb. thick-sliced cooked ham, diced  
½ cup light cream Paprika for garnish

### Preparation Directions

1. Melt the butter with the oil in a large pan and add the onion and peppers. Cook over gentle heat for about 5 minutes until the vegetables are softened. Sprinkle in the flour and stir for 1-2 minutes.
  2. Add the potatoes, then pour in the stock and bring to a boil. Add the bay leaf and salt and pepper to taste, cover, and simmer gently for 20 minutes or until the potatoes are very soft.
  3. Stir in the milk, then add the corn and ham and heat through for about 5 minutes. Remove the bay leaf. Stir in the cream and taste for seasoning. Serve hot, sprinkled with paprika.
- Serves 4.

I precooked the onions and peppers and then coked the soup in my crock pot the next day. I used frozen corn rather than canned, so added it about half way through the cooking time. Then I added the ham and cream at the end as the recipe suggests.

I also added some celery and doubled the recipe.

Enjoy Nancy T