

Ingredients

- 2 Tablespoons butter
- 1 cup chopped onions
- 1 cup chopped celery
- 3 Tablespoons flour
- 3 cups veggie broth
- 1 cup diced red potatoes
- 2 cups corn (I often use frozen)
- 1/8 teaspoon of thyme
- 1 bay leaf
- 1/3 cup heavy cream



If you would like to share your favorite recipe with us, contact Dr. Margaret Rea mrea@ucdavis.edu

Monthly Wellness Recipes

Corn Chowder

This month's recipe is from Elizabeth Rice PhD, PMHNP-BC, Associate Dean for Student and Faculty Success, Betty Irene Moore School of Nursing.

"The **Corn Chowder recipe** is one that I made a lot in Wisconsin when the weather started to turn cooler and hearty soups were necessary! I also like it because it is vegetarian and can be made in a slow cooker so it's all ready when you get home."

Cooking Instructions

In a 3 quart pan, melt butter and stir in chopped celery and onion. Cook for 3-5 minutes on low heat until soft. Add flour and stir. Add broth and bring to a boil. Add potatoes, corn, thyme, and bay leaf. Return to boil for 15 minutes or until potatoes are soft. Reduce heat and simmer for 15 minutes. Stir in cream, salt and pepper to taste.