

Corn Chowder

Serves 4 - 6

Ingredients

3 rashers of bacon, trimmed and chopped (optional)
2 carrots, peeled and diced
1 potato, peeled and diced
3 leeks, finely sliced
2 cups water
4 teaspoons instant vegetable or chicken stock
1 can corn kernels
1 can creamed corn
100 g light sour cream

The method

In a heavy-based pan, fat free cook the bacon on low heat to release the natural fats

Add the chopped vegetables followed by the stock

Cover and simmer for 15 – 20 minutes or until the vegetables begin to soften. Mash or puree, then add the canned corn.

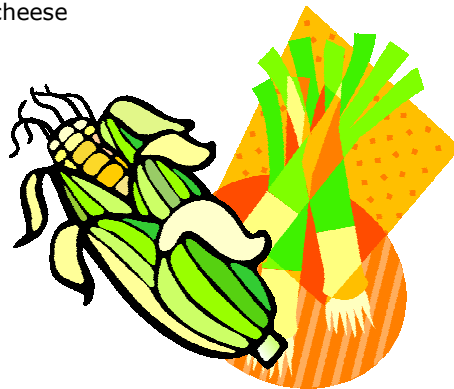
Simmer for a further 10 minutes, stir in the sour cream.

Top with freshly chopped parsley and serve.

Variation

Leave out the bacon and replace vegetable or chicken stock with bacon stock for added flavour

Top soup with grated cheese



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