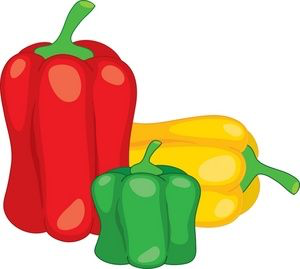
**Corn and Red Pepper Chowder**

Serves 2-3



**Ingredients:**

* 5ml butter
* 1/2 celery stalk, finely chopped
* 1 garlic clove, minced
* 1/4 onion, finely chopped
* 1/2 red pepper, diced
* 1ml salt
* 1ml ground pepper
* 125ml reduced sodium vegetable or chicken broth
* 125 ml water
* 1 red potato, cut into 1cm cubes
* 180ml frozen corn kernels
* 10ml flour
* 100ml milk or cream
* Optional: more salt pepper or other spices of choice!

**Method:**

1. Prepare ingredients as listed.
2. In a large pot, melt margarine over medium heat.
3. Sauté celery, garlic, onions, red pepper, salt ad pepper for about five minutes or until onions are softened (but not browned.)
4. Stir broth, potatoes, corn and water. Bring to boil over high heat.
5. Reduce heat to low, cover and simmer for 10 minutes, or until potatoes are almost tender.
6. Increase heat to medium. Whisk flour into milk and gradually stir into pot.
7. Simmer, uncovered, stirring often, for about 5 minutes or until slightly thickened (do not let boil)
8. Season to taste with salt and pepper and others
9. Ladle into bowls and serve hot!