



Cheesy Corn Chowder

from Wild Oats Market

1 large sweet onion, finely chopped
1 lb Yukon gold potatoes, peeled, diced
1 lb sweet potatoes, peeled, diced
4 cups of water
2 cups heavy cream
4 oz. cream cheese
1 tsp. black pepper
½ cup chopped fresh basil
¼ cup all purpose flour

3 celery ribs, diced
1 red bell pepper, diced
4 cups chicken broth
24 oz. frozen corn kernels
2 cups shredded cheddar
2 tsp salt
¼ cup chopped fresh thyme
2 tbsp olive oil

Heat a soup pan to medium high. Add oil and onion; saute 3 minutes. Add celery and bell pepper to pot and cook, stirring, until vegetables are softened, 10 to 12 minutes.

Add Yukon gold and sweet potatoes, and coat vegetables with flour.





Slowly pour in broth, and water. Bring to a boil then simmer on medium high, covered, until potatoes are just tender, about 10 minutes. Add corn, cream and cream cheese and simmer, uncovered, 10 minutes.

Remove pot from heat, then stir in cheese until melted. Season soup with salt and pepper and stir in thyme and basil. Enjoy!

