

## 30 Minute Healthy Corn and Potato Chowder



A simple vegetable chowder that comes together in 30 minutes with pantry staples. This creamy soup is full of flavor, yet made with wholesome, low-fat ingredients. Thank you to Kristen from [A Mindful Mom](#) for this tasty recipe! Check out more of her delicious creations on [her blog](#).

**Serves 4**

**Prep time 5 minutes**

**Cook time 25 minutes**

### Ingredients

1 tbsp. butter

1 small shallot, minced

4 cups [College Inn® Vegetable Broth](#)

1 15.25 oz. can [Del Monte® Golden Sweet Whole Kernel Corn](#)

1 cups red potatoes cut into 1-inch cubes

1 tsp. white vinegar

1 tsp. salt

1 sprig fresh thyme or 1/2 tsp. dried thyme

1 cup milk

2 tbsp. flour

## Directions

1. Over medium heat, melt butter and sauté shallots for 3 minutes.
2. Add corn, potatoes, stock, thyme, vinegar, and salt. Bring to a boil, reduce heat, and cover. Cook for 20 minutes.
3. Remove sprig of thyme.
4. Whisk together the milk and flour.
5. Remove soup from heat and whisk in milk mixture. Return to heat, turn heat to high, whisk and cook for about 3-5 minutes or until creamy and bubbly. Serve and enjoy!

If using dried thyme, add to butter with shallots.

If keeping dairy free, use 1 cup additional vegetable stock in place of milk and use olive oil instead of butter.

To keep this gluten-free, use 1 tablespoon cornstarch instead of flour.