

# Corn Chowder



1 onion, diced  
2 tbsp. oil or margarine  
4 medium potatoes, diced  
1 cup water  
2 cups corn  
3 cups milk (or 1½ c. milk powder  
and 2 c. water)  
salt, pepper, parsley to taste

## *Optional*

2 inch cube of salt pork, diced  
1 tsp garlic powder, or 1 clove fresh garlic  
½ cup vegetables: carrots, celery,  
mushroom, green pepper  
If using salt pork: cook the salt pork slowly  
in a soup pot until the fat has melted and the  
pieces are brown. Pour off most of the fat.

- 1) Sauté the onion for 5 minutes in oil. Add other vegetables.
- 2) Add potatoes and 1 cup water, cook until potatoes are tender.
- 3) Add 2 cups corn, 3 cups milk, salt, pepper, parsley.
- 4) Simmer until heated through and thick.