Easy vegetable chowder
Serves 4

1 tbsp canola oil
1 cooking onion, diced
2 celery stalks, diced
2 carrots, diced
1 zucchini, quartered lengthwise and sliced
2 yellow potatoes, peeled and diced
3 tbsp butter
4 tbsp flour
3 cups milk
2 cups water
1 tbsp fresh thyme leaves, minced
¾ tsp salt
½ head broccoli, cut into small florets
1 ½ cups frozen (or canned) corn
1 tbsp hot sauce
Garnish: grated cheddar cheese

1. In a large soup pot set over medium-low heat add canola oil, onion, celery, carrots and zucchini. Cook, stirring occasionally for 8min. Add the potatoes and cook, stirring occasionally for another 4min. Remove the vegetables from the soup pot to a bowl.
2. Place the same pot back over medium-low heat and add the butter. Once the butter is melted stir in the flour. Cook for 3min, while continually stirring.
3. Whisk the milk and water into the flour mixture slowly. Add the salt, thyme and vegetables back into the pot along with the broccoli and corn. Slowly bring the soup up to a simmer over low heat. Don't be tempted to turn the heat up, the soup can easily stick to the bottom of the pot and burn. Cook the soup until the potatoes are fork tender.
4. Stir in the hot sauce and garnish with cheese

Variations:
Add 300g of cubed white fish at the end of step 3. Cook until the fish is cooked through.

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Add 300g of shredded cooked chicken in step 4 and cook until the chicken is heated.

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