

Spring Fling Vegetable Chowder

Ingredients

- 1 Tablespoon **vegetable oil**
- 1 small **onion**, chopped
- 2 cups chopped **asparagus** (fresh or frozen)
- 1 large **potato**, peeled and diced
- 3 cups low-sodium **broth** (any type) or water
- 1 can (15 ounces) **cream-style corn**
- 1 cup **peas** (frozen or canned, drained and rinsed)
- ½ teaspoon **salt** (optional)
- ½ teaspoon **pepper**
- ½ cup grated **cheddar cheese**

Directions

1. Wash hands with soap and water.
2. Heat oil in large pot over medium heat (300 degrees F in an electric skillet). Cook onion, asparagus and potato until soft, about 10 minutes.
3. Add broth and corn. Cover and simmer until potato is tender, about 10 minutes.
4. Add peas, salt and pepper, if desired, and simmer 2 to 3 more minutes.
5. Top with cheese and serve warm.
6. Refrigerate leftovers within 2 hours.

Notes

Broth can be homemade, canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Leave skin on potato for added fiber.

Try using fresh or frozen broccoli instead of asparagus.

Try using canned green beans or diced tomatoes instead of peas.

