

Easy Corn Chowder

INGREDIENTS:

- 2 T. butter
- 1 medium onion, chopped
- 2 medium Yukon Gold potatoes, diced 1/3"
- 2 c. milk
- 1 t. salt
- 1/2 t. pepper
- 2 c. corn kernels (fresh corn is wonderful here, but frozen works, too)
- Large handful of chopped fresh basil (if you don't have fresh basil, just skip this)

1. Melt butter and sauté onion over medium heat until golden, about 8 minutes.
2. Add potatoes and sauté for a couple of minutes.
3. Add milk, salt, and pepper, and simmer — don't boil, or the milk will separate — for about 15 minutes, until potatoes are soft-ish
4. Add corn and basil, return to a simmer, and serve!

Nutritional Facts (For whole pot of soup) : 925 Calories, 142g Carbs, 26g Fat, 27g Protein, 4,141mg Sodium, 43g Sugar