

## Creamy Potato-Corn Chowder

Submitted by Stephanie Gianaris

### Broth Ingredients:

1 large onion (chopped fine)

1/2 cup vegetable broth

In large pot, sauté' chopped onion in broth until transparent.

### Add Chowder Base:

4 medium potatoes (peeled, cut into small cubes)

3-1/2 cups vegetable broth

1 Tbsp Mrs. Dash Garlic & Herb (or to taste)

salt & pepper to taste

Cook on medium heat until potatoes are tender (15-20 minutes).

Remove from heat and mash potatoes with fork. Return to heat.

### Add Creamy Component:

1 - 10 oz. pkg frozen corn

1 - 13 oz can light coconut milk

Simmer on low heat for 15 minutes. **Stir often** to keep chowder from sticking to bottom of pot. Once chowder is bubbly and hot, turn off heat and let stand a few minutes. Spoon into soup bowls. Garnish with chopped parsley.

Serves 4

*“Are you fasting? Prove it to me through your own hands. Which works? If you see a poor person, have mercy on him. If you see an enemy, be reconciled with him. If you see a beautiful woman, pass her by. So let not the mouth, but also the eye and hearing, and the feet and the hands and all the members our of body fast. Let the hands fast, remaining pure from grabbing and greed. Let the feet fast, cutting off from paths which lead to sinful sights. Let the eyes fast, being exercised to never fall lewdly on a beautiful face. Are you not eating meat? Don't eat lewdness also with your eyes. Let hearing also fast and not accept evil speech and slanders. Let the mouth also fast from foul words and mockeries. Because what benefit do we have when we abstain from poultry and fish, biting however and devouring our brothers?”*

*St John Chrysostom*