

Summer Corn Chowder

Ingredients

2 Tbsp. Butter or non-dairy spread
6 Cups Fresh Corn
2 Large Leeks
2 Large Potatoes
1 Rib Celery
Thyme – 5 sprigs fresh or ½ tsp dried
2 Garlic cloves
4 Cups Chicken or Vegetable Broth
2 Cups Water
1 tsp. Kosher Salt
1/8 tsp Cayenne Pepper – optional
Sour Cream or Plain Yogurt for garnish

Step One – Mise En Place

- Cut Corn off the cob- place in a bowl
- Peel potatoes and cut into small cubes – place in bowl
- Clean and slice white part of the leeks – place bowl
- Clean and dice celery – place in bowl
- Measure spices – place in bowls
- Measure chicken broth and water

Step Two

Melt Butter or non-dairy spread in large saucepan over medium heat. Add corn, leeks, potatoes, celery, thyme, and garlic. Cook, stirring occasionally, until vegetables start to soften, about 5 minutes.

Step Three

Stir in broth, water, salt and pepper. Bring to a boil over medium-high heat. Reduce heat to medium-low and simmer uncovered until vegetables are tender- about 20 minutes.

Step Four

Remove from heat and puree soup in blender until almost smooth.

Step Five

Spoon into bowls and top with sour cream or yogurt. Enjoy!

Easy Fried Rice

Ingredients

3-4 Cups Cooked Rice
2 medium carrots – small diced
1 small-medium onion – finally diced
1 teaspoon minced garlic
1 cup fresh or frozen peas
3 Large eggs
2 T. Oil
1 T. Butter or vegetable spread
1 T. Soy Sauce
1 small can Water Chestnuts

Step One

- Mise En Place ingredients

Step Two

- Place carrots in vegetable steamer and steam 3 minutes until tender. Set aside.

Step Three

- Crack eggs into a small glass or bowl. Wisk well and set aside.

Step Four

- Heat oil in large sauté pan – add onion and sauté until golden brown.
- Add garlic and sauté one additional minute.

Step Five

- Add butter to the pan – allow to melt.
- Add cooked rice and coat with butter and onion/garlic mixture.

Step Six

- Push the rice to one side and add half of the egg mixture and scramble!
- Mix cooked egg with rice.
- Push the rice to one side and add half of the egg mixture and scramble again.
- Mix cooked egg with rice.

Step Seven

- Add the soy sauce.
- Add the carrots, peas and water chestnuts
- Season to taste
- Serve and Enjoy!