



Creamy Corn Chowder

4 Cups potatoes, peeled and diced (3 to 4 Potatoes)
1 onion
2 large peeled carrots
1 16 oz bag frozen corn or 1 can cream corn and 1 can regular corn
6 cups water
3 Vegetable Bouillon cube
(If not meatless can use 2 Chicken bouillon packets and 1 Vegetable Bouillon cube)
¼ t cayenne pepper
½ t pepper
3 to 4 T cornstarch

Coarsely chop vegetables except corn, combine all ingredients except cornstarch in crock pot. An hour before serving puree ½ of the soup return to crock pot. Dissolve cornstarch in water and stir into chowder to thicken

Can stir in non dairy sour cream or dairy free cheese if desired

<http://www.lincolntent.com/GFCF-Soup.html>