



Corn Sweet Potato Chowder **(Inspired by a Living Without corn Chowder recipe)**

- 4 Carrots peeled and diced
- 1 Large onion diced
- 1 Stalk of Celery Diced
- 2 teaspoons minced garlic
- 1/4 cup white rice flour
- 6 Cups GF Vegetable Broth (Used Natural Grocery bulk Vegetable bouillon)
- 1 teaspoon thyme
- 2 bay leaves
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 Tablespoons fresh parsley or 2 teaspoons dried parsley
- 3 cans of whole kernel corn drained
- 2 large sweet potatoes peeled and diced
- 3 Tablespoons honey
- 3/4 cup sunflower seed butter (bought at Natural Grocery)
- 1 can diced green chilis (add this next time everyone thought it needed a kick ot)

Combine all ingredients in the crock pot was really tight for the medium crockpot next time make int the large or make a smaller batch.

Cook on low all day. Partially puree soup with blender stick to thicken

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

or

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