

# Good Enough 2 Eat

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## Sweet Potato & Corn Chowder

### You'll need:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 tablespoons plain wholemeal flour
- 1½ cups water
- 2 chicken flavoured stock cubes
- 500g peeled sweet potato roughly chopped
- 440g tin creamed corn
- 2 cups soy milk



### Here's what to do:

Heat the oil in a large pot. Add the onions and sauté until soft and transparent. Add flour and stir over a medium heat for about one minute. When ready, add the water a little at a time stirring well. Add the stock cubes and sweet potato. Cover and bring to the boil, then simmer for about 10 minutes until the sweet potato is tender. Add the creamed corn and soy milk. Bring to the boil and serve immediately.

You can make this chowder healthier by adding a tin of legumes such as chick peas or cannellini beans. We must admit to using Massel stock cubes because they are vegetarian and easily found next to other stock cubes in the soup aisle of your favourite supermarket. It should be said, however, that homemade stock is often the best. To make your own, bring two litres of well seasoned water to the boil and add a couple of whole portions of your favourite vegetables (such as onions, carrots, celery, turnip and anything else I can get my hands on) with some fresh bay leaves and a heaped tablespoon of dried mixed herbs. Simmer for about 40 minutes or until the vegetables look pale and break apart easily. Let the stock cool before passing it through a fine sieve. Add further seasoning to taste. Yum! This chowder really is good enough to eat!