

# Ham and Potato Corn Chowder

## Ingredient

3 tablespoons oil or butter  
1 onion, diced  
2 carrots, diced  
2 stalks celery, diced  
2 cloves garlic, chopped  
1 teaspoon thyme, chopped  
1/4 cup flour (or rice flour for gluten free)  
2 cups ham broth or chicken broth  
2 cups milk  
1 1/2 pounds potatoes, diced small and optionally peeled  
8 ounces ham, diced  
1 cup corn  
salt and pepper to taste

## Steps

Heat the oil in a large sauce pan over medium-high heat, add the onions, carrots and celery and cook until tender, about 8-10 minutes.

Mix in the garlic, thyme and flour and cook until the flour is lightly browned, about 2-3 minutes.

Slowly stir in the broth, deglazing the pan as you go, add the milk and potatoes, bring to a boil, reduce the heat and simmer until the potatoes are tender, about 10-12 minutes.

Add the ham and corn, cook until heated and season with salt and pepper.

Source: [Allrecipes.com](http://Allrecipes.com)