

# Ham and Potato Corn Chowder

## Ingredients

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

## Directions

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

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

3-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.

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