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## RUSTIC CORN CHOWDER

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- 2 tsp oil
- 3 cups chopped onion
- 2 celery stalks, sliced
- 2 (15 oz) cans whole kernel corn, rinsed and drained
- 1 ½ cups chopped potatoes
- 1 (15 oz) can navy beans, rinsed and drained
- 1 tsp. dried thyme leaves
- 2 ½ cups milk
- ¾ tsp salt
- ⅛ tsp cayenne pepper, optional
- ½ tsp black pepper
- ¾ cup shredded cheese

1. Heat oil in a large saucepan or pot over medium-high heat. Cook onions and celery 3-4 minutes or until soft; stir in corn, potatoes, beans, 1 ½ cups water and thyme. Bring to boil, reduce heat to medium-low, cover and cook 15-20 minutes or until potatoes are very tender.
2. Stir in the milk, salt and cayenne, cover and cook 5 minutes.
3. Sprinkle with black pepper and serve each topped with 2 Tbsp. cheese

Makes 8 cups. Serves 6; 1 ⅓ cups chowder per serving. Recipe provided by Nancy Hughes.

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