

Creamy Corn Chowder

A delicious, creamy dish full of flavour, corn and vegetables – a good choice for your vegetarian main course. A soulful spoonful of wholesome goodness that can be served with pita bread or mini rolls.



Influence: North African/American



Serves 10 children



45 minutes

INGREDIENTS

Oil, olive 5 ml (1 t)
 Onion, chopped 250g (2 large)
 Celery, diced 275g (2 C)
 Potato, peeled, chopped 250g (2 large)
 Red lentils, dried 300g (1 1/3 C)
 Water 750ml (2 1/2 C)
 Milk, low-fat 1000ml (1 L)
 Sweet corn, creamed, canned 420g (1 can)
 Sweet corn, frozen 250g (1 C)
 Parsley, chopped 5g (1 t)
 Serve with Bread, wholemeal pita/mini roll 400 g (5 pockets)

DIRECTIONS

1. Wash red lentils until water runs clear. Pick over and discard any discoloured lentils.
2. Put oil, onion, celery and potato into saucepan on medium heat and stir until onion is transparent.
3. Add washed lentils and 750ml water. Cook for a few minutes stirring constantly to avoid sticking.
4. Add milk and simmer for 15 minutes until potatoes and lentils are cooked.
5. Add creamed corn, heat through 2 minutes.
6. Blend all ingredients with hand blender or in food processor.
7. Add frozen corn kernels and chopped parsley. Heat through for 3 minutes.
8. Serve with wholemeal mini bread rolls, slice of bread or 1/2 pita pocket.

Allergy Information

Contains: Cow's milk protein
Bread rolls may contain gluten, wheat and soy.

Childcare RDI Calculator:

Fat	<div></div>	10 %
Vegetables	<div></div>	190 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	100 %
Dairy	<div></div>	100 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services