

## Crockpot Corn, Potato and Cheese Chowder



Makes approx. 8 servings

### Ingredients

- 6 medium potatoes
- 5 cups water
- 3 bay leaves
- 1/2 tsp salt
- 1 medium onion, chopped
- 1 1/4 cups lowfat milk
- 4 cups corn – fresh or frozen
- 1 tsp cumin
- 2 tbsp chopped fresh chives
- 1/4 tsp ground nutmeg
- 1/4 tsp black pepper
- 4 oz reduced fat Cheddar cheese, grated (be sure to buy cheese without animal rennet)



### Directions

Add onion and diced potato to crockpot. (Leaving potato skins on)  
Add corn, bay leaves, salt, cumin, chives, nutmeg, pepper and water. (Everything except the milk and cheese)  
Cover and cook on high for 5 hours, checking occasionally to see if potatoes are soft.

After about 5 hours or when potatoes are nice and soft, add in milk and let heat for about 1/2 hour.

When milk is well-heated with the rest of soup, mash potatoes with a potato masher.

Stir in grated cheese and serve.

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