



## Recipe Details

Recipe Name - Potato Corn Chowder

Recipe Steps -

### Ingredients

- 2 cups carrots, peeled and chopped
- 4 ribs celery (1 1/2 cups), chopped
- 1 yellow onion (1 cup), chopped
- 1 Tbsp garlic, minced
- 3 lbs Yukon gold potatoe, cut into bite size pieces
- 2 (10 oz) bags frozen sweet corn
- 2 1/2 cups water
- 2 1/2 cups plant milk
- 1/4 cup arrowroot
- 1 tsp paprika
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 Tbsp low sodium Better than Bouillon
- Pepper to taste

### Instructions

- 1) Water saute carrot, celery, and onion, with fresh cracked pepper to taste, until fragrant, about 5 minutes
- 2) Add garlic to veggies, stir for 30 seconds, and remove from heat
- 3) Add chopped potatoes to the instant pot, along with frozen corn, and sauteed veggies
- 4) sprinkle in paprika, onion powder, and garlic powder
- 5) Combine water, plant milk, and arrowroot, mix, and add to the instant pot
- 6) Add low sodium Better than Bullion
- 7) Cook on high pressure for 20 minutes, slow release for 20 minutes
- 8) Enjoy!

