

PERCOLATE KITCHEN

weeknight cooking for working parents

Freezer Meals Class: May 5th, 2019

A lighthearted chowder that works great with summertime produce. I love using my slow cooker in the summer as it keeps my kitchen cool!

SUMMERTIME TOMATO AND CORN CHOWDER: PREP CHECKLIST

Supplies needed:

- Cutting board
- Chef's knife
- Measuring cup and spoons
- Freezer-safe gallon ziplock bags

To cut:

- Dice tomatoes
- Cut potatoes into 2-3 inch chunks
- Peel and dice onion
- Peel and mince garlic

**Add all vegetables to large freezer-safe ziploc bag as they are cut

Add:

- Add broth (or bouillon cube if freezing for later), cream, and salt

Label instructions:

Thaw as needed.

Slow cooker instructions: Add water if using bouillon cube. Low for 6 hours, high for 4, or until onions and potatoes are cooked through and soft.

Instant Pot instructions: Add water if using bouillon cube. High Pressure for 10 minutes, Quick Release.

Stovetop instructions: Add water if using bouillon cube. Add ingredients to pot with tight fitting lid and cook on low for 1-2 hours, stirring occasionally, until potatoes and onions are soft and cooked through.

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SUMMERTIME TOMATO AND CORN CHOWDER: RECIPE

Note: If cooking in slow cooker, you may swap the broth for bouillon cubes, then add water at cooking time, as the instructions on the package dictate. This works great when freezing, and will help with thaw time.

Ingredients:

- 1 1/2 cups (or 15 ounce can, drained) corn kernels
- 1 medium yellow onion, peeled and diced
- 2 medium golden potatoes, diced (about 2 cups)
- 2 large beefsteak tomatoes, diced (about 1 1/2 cups)
- 2 cloves garlic, peeled and minced
- 1 cup heavy cream
- 2 cups chicken or vegetable broth
- 1 teaspoon salt

Method:

Add all ingredients to the slow cooker, adding water if bouillon cube was used, and secure the lid. Cook on low for 4 hours, high for 2, until the potatoes and onions have cooked through.

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