



## Corn Chowder

 Sep 1, 2023



- 1 tablespoon butter
- 1/2 large yellow onion, chopped (about 3/4 cup)
- 1/3 cup diced red bell pepper
- 1/2 cup small diced carrot
- 1/2 cup small diced celery
- 4 to 5 ears sweet corn, kernels removed from the cobs (about 3 cups), reserve cobs
- 1 bay leaf
- 4 1/2 cups milk, whole or low fat
- 2 medium Yukon Gold potatoes, peeled and diced (about 3 cups)
- 1 tablespoon sea salt
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves