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Corn & Cheese Chowder

Ingredients

2oz. Butter
1 Onion, diced
3 bell peppers, diced
4.5oz. frozen corn
1.2oz. flour
24fl oz. chicken stock
16fl oz. Half-and-half
9oz. sharp cheddar cheese
1 spring onion, sliced

Preparation

1. In a large pot, sauté the onions in melted butter over medium-high heat and add diced bell peppers and cook for a couple of minutes. Finally, add corn and cook for a minute, then sprinkle flour evenly over the top and stir to combine
2. Pour in the stock and stir well, allow this to thicken for a few minutes, then reduce the heat. Stir in half-and-half, then cover and allow to simmer for 15 minutes.
3. Stir in cheese and spring onions, when cheese is melted and the soup is hot, check seasonings. Add salt and pepper as needed. Serve immediately.

Cooks Note