



Microwave corn chowder

Yield: Makes: 2 servings

Serving Size: 1.5 cup

Ingredients

- ¾ cup Milk, or plant-based milk (almond, coconut, etc.)
- 1.5 tbsp Cornstarch
- 1 Bouillon cube (chicken or veggie)
- 1.5 cup Frozen corn
- ½ cup Frozen butternut squash or other vegetables

Directions

1. Combine ¾ cup milk with bouillon cube and ¾ cup water. Combine with rest of ingredient in large bowl
2. Cover and microwave on high for three minutes. Top with salt and pepper.

Optional add-ins

1. Diced jalapenos and onions
2. Siracha or chili garlic sauce
3. Chili flakes
4. Green onions or cilantro for topping.