

Zucchini Garden Chowder

"My friend served this at a playgroup and I loved it because it tasted good and was full of vegetables, which I am always trying to get into my children," says contributor Kerry Stutzman.

Serves 6-8

2 tablespoons butter or margarine

Melt in soup pot over medium heat.

2 medium zucchini (chopped)

1 medium onion (chopped)

2 tablespoons fresh parsley (chopped)

1 tablespoon fresh basil (chopped; or 1 teaspoon dried)

Add and sauté until tender.

1/3 cup / 75 ml flour

3/4 teaspoon salt

1/2 teaspoon pepper

3 cups / 750 ml water

Stir flour and seasonings into vegetables. Gradually stir in water to make a smooth stock.

3 chicken or vegetable bouillon cubes

1 teaspoon lemon juice

Add and mix well. Bring to a boil; reduce heat and cook, stirring often, for 2 minutes.

2 cups / 500 ml tomatoes (chopped)

1 1/2 cups / 375 ml evaporated milk

2 cups / 500 ml corn

Add and return to boil. Reduce heat; cover and simmer for 5 minutes until corn is tender.

2 cups / 500 ml cheddar cheese (shredded)

1/4 cup / 60 ml Parmesan cheese (freshly grated)

Just before serving add and stir until melted. Add pinch of sugar to taste and garnish with chopped fresh parsley (optional).

KERRY STUTZMAN, GREENWOOD VILLAGE, COLORADO

basil

corn

tomatoes

summer squash