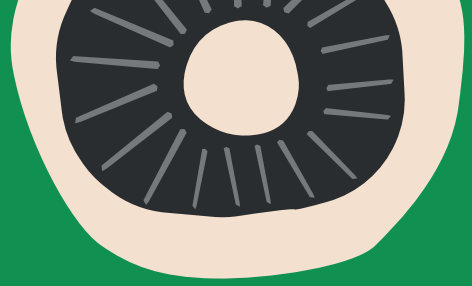


**FULL
TIME**

GET COOKING WITH
MARCUS AND TOM



This week, let's fill up on...

FULL TIME CHOWDER



30

FULL TIME CHOWDER



INGREDIENTS

- 1 onion
- 2 medium potatoes
- 1 tbsp vegetable oil
- 1 tin of cream of mushroom soup
- 1 mug of water
- 1 reduced salt vegetable stock cube
- 1 small tin of sweetcorn
- ½ mug macaroni pasta
- 4 slices of wafer-thin ham



A remake of a classic - this chowder has lots of tasty additions to make a really filling full time meal.

METHOD

01

Peel and roughly chop the onion, then peel the potatoes and cut them into cubes.

02

Heat the vegetable oil in a large saucepan. Once hot, add the onion and cook for 6-8 minutes, stirring occasionally, until softened and starting to turn golden brown. Next, add the potatoes and cook for another 3-4 minutes.

03

Add the tin of soup to the pan, along with 1 mug of water, and then crumble in the stock cube. Drain the tin of sweetcorn and then add this to the pan too. Give everything a good stir and bring it to the boil.

04

Add the pasta to the pan and reduce the heat so it's bubbling gently at a simmer for 12-15 minutes, until the potatoes are tender and the soup has thickened a little.

05

Roughly cut up the ham and then add this to the pan to warm through. Sprinkle over a bit of pepper, if you like, and spoon into bowls to serve.

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