



Hill's Mills & Mixers

BOSCH Kitchen Centre

~products for better health

FANTASTIC INSTANT CORN CHOWDER

- 3 ¼ cup hot water
- 1/3 cup fine corn flour (I use popcorn)
- 3 Tbsp pea flour
- 2 Tbsp chopped pimientos
- 1 Tbsp chicken or vegetable soup base
- 8 – 10 drops Tabasco sauce (optional)

In medium saucepan, whisk flours into hot water and cook, stirring, for one minute over medium high heat. Cover and turn heat to low; cook 2 to 3 minutes.

Serve with broken corn chips. Serves 2.