

RECIPE

CORN CHOWDER SOUP



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INGREDIENTS:

- 250ml fat-free milk or almond milk
- 250ml water
- 1 packet of Country Vegetable instant soup
- 2 x 215g cans of cream-style sweetcorn
- 2 x 170g cans of tuna in brine, drained
- 10ml dried parsley
- Salt and pepper to taste

INSTRUCTIONS:

1. Heat milk, water, and instant soup together until it boils.
2. Add the sweetcorn, tuna, and parsley and allow to simmer for 5 minutes.
3. Season to taste with salt and freshly ground black pepper.



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