

# THRIVE

## CORN CHOWDER

1/4 tsp. Ground Pepper  
1/2 tsp. Salt  
2 tsp. Thrive Chicken Bouillon  
2 T. Thrive Instant Milk  
1/4 c. Thrive Green Onions  
3/4 c. Thrive Cheddar Cheese  
2 c. Thrive Sweet Corn  
1/2 c. Thrive Red Bell Peppers

Mix contents of jar with 3 cups of water in a large saucepan. Bring to a boil then reduce heat and simmer for 5-7 minutes.

Blend the soup with an immersion blender until desired consistency is reached. You can also put about half of it in the blender until smooth and then return to the pot and stir.

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