

Sausage Chowder

3 to 4 potatoes, peeled and cubed (about 3 cups)

4 to 5 carrots, sliced or chopped (about 2 cups)

1 cup frozen peas

2 cups water

1/2 of a 13-ounce package of turkey sausage

1 teaspoon chicken base

2 teaspoons onion powder

1/4 cup all-purpose flour

1 1/2 cups milk

black pepper and salt, to taste

a pinch of cayenne pepper

Place chopped potatoes, carrots, and peas in a large sauce pan. Add 2 cups water and bring to a boil.

Meanwhile, cut turkey sausage into cubes. Add sausage, chicken base, and onion powder when mixture in pot boils. Reduce heat and simmer till carrots and potatoes are done.

While vegetables are cooking, place flour in a small bowl or measuring cup and gradually whisk in milk until smooth. Once the vegetables are tender, add milk and flour to cooked mixture.

Add black pepper and salt to taste and a pinch of cayenne pepper. Turn up temperature to medium-high and stir regularly until the soup bubbles and thickens. Serve warm.