

Comforting Corn Chowder

Serves 4



Ingredients:

- 3 Tablespoons olive oil
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 4 small red or yukon potatoes, diced
- 4 ears corn, husked and kernels cut from cob (or 4 cups frozen corn)
- 2 cups low sodium vegetable broth
- 2 cups milk or unsweetened plain non-dairy (e.g. almond, oat, soy)
- 1/4 teaspoon thyme
- 1/4 teaspoon paprika
- Salt and pepper, to taste
- 2 to 3 stalks green onions, chopped for garnish
- Optional Garnishes: sour cream, shredded cheese, chives, bacon bits

Directions:

1. Rinse potatoes well. Prepare potatoes and onions as directed. If using fresh corn, husk and cut the corn kernels from the cobs. Frozen corn works great too!
2. Heat olive oil in a large pot over medium heat. Add onion and sauté for 3 minutes or until aromatic. Add garlic and sauté for 1-2 minutes.
3. Add diced potatoes. Season with thyme, paprika, salt and pepper. Cover to cook for 5 minutes. Next, add corn and stir to combine.
4. Add broth and milk. Cover and bring to a boil. Reduce heat to low and simmer until the potatoes are soft and fork tender – about 5 minutes. For a creamier soup, add 3/4 of the soup to a blender or use an immersion blender and blend until mostly smooth. Transfer blended soup back to the pot and bring back to a simmer.
5. Taste and adjust seasonings as needed. Cook for an additional 10 minutes to let thicken. The longer it simmers, the more flavorful it will be!
6. Serve warm and add your garnishes of choice. We love chopped green onion, paprika, black pepper, and shredded cheese. Enjoy!