



Corn Chowder

SERVINGS: 6



INGREDIENTS

- 6 ears of corn, cut from the cob
- 6 tablespoons of unsalted butter (or butter substitute)
- 3 yukon gold potatoes, peeled & diced
- 2 garlic cloves, minced
- 1 red onion, diced
- 2 celery stalks, finely chopped
- 1 jalapeño, seeds removed, minced
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- 1 teaspoon cumin
- 1 tablespoon lime juice
- 4 cups vegetable broth
- 1 ½ cups cows milk or coconut milk
- 2 tablespoons sour cream (dairy or non dairy)
- Roughly chopped cilantro & sliced jalapeño, for garnish

DIRECTIONS

1. In a large pot, heat 'butter' over medium high heat.
2. Add onion, corn, and jalapeño. Cook 5 minutes, stirring occasionally, until somewhat softened.
3. Stir in the garlic and cook 1 minute, until fragrant.
4. Pour in lemon juice and 1/4 cup of broth. Scrape up any browned bits on the bottom of the pot.
5. Add the oregano, cumin, paprika, potatoes and the rest of the vegetable broth.
6. Bring to a boil and reduce to a simmer. Cook for 15-20 minutes, stirring occasionally, until potatoes are tender enough to pierce through with a fork.
7. Remove from heat. Stir in milk and sour cream.
8. Use an immersion blender or transfer to a stand blender to blend half of the soup. Add salt and pepper to taste. Garnish with cilantro & jalapeño. Serve hot.