

Fire Roasted Corn Chowder

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8 Serving Size: 1 cup

Ingredients	Quantity	Measure
Fresh corn	8	ears
Olive oil	2	tablespoons
Potatoes, russet, diced	2	pounds
Red bell peppers, seeded and diced	1	cup
Red onions, diced	2	cups
Garlic, minced	¼	cup
Vegetable stock	6	cups
Sriracha	2	tablespoons
Fresh thyme	1	teaspoon
Bay leaves	2	leaves
Non-dairy creamer	1	cup
Salt	1	teaspoon
Pepper	1	teaspoon
Garnish		
Smoked paprika	½	teaspoon
Fresh cilantro, tear leaves	½	teaspoon
Flat parsley	½	teaspoon



Fire Roasted Corn Chowder Continued

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Preparation

1. Roast 4 ears of the corn over a direct flame (on a preheated grill or over a gas burner) until the corn kernels begin to blacken, turning every few minutes until all sides have roasted.
2. After the roasted ears have cooled, scrape the kernels from the cobs and reserve.
3. Heat the oil in a large Dutch oven over medium heat.
4. Add the bell peppers and onions and cook until softened slightly, 5 to 7 minutes.
5. Meanwhile, scrape the corn kernels from the remaining 4 ears of corn.
6. Add the raw corn kernels and garlic, and cook until the garlic is aromatic, 1 to 2 minutes.
7. Add diced potatoes.
8. Add the vegetable stock, Sriracha, thyme, and bay leaves.
9. Bring to a boil, then lower the heat and simmer for 45 minutes.
10. About 10 minutes before the soup is finished, gently heat the dairy-free creamer over low heat, keeping just below a simmer.
11. Once the soup has cooked for 45 minutes, discard the bay leaves.
12. Purée the soup using an immersion blender. (A food processor or blender can be utilized with caution, puréeing the hot liquid in small batches.)
13. Mix in the warm cream and add the reserved roasted corn.
14. Cook for an additional 3 to 5 minutes until thoroughly heated.
15. Season with salt and pepper.

Serving Information

Ladle the soup into bowls and garnish with a few lines of Sriracha, a generous sprinkle of smoked paprika, and torn cilantro or parsley leaves.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 192 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 33g Protein: 7g Sodium: 1008mg
Vitamin A: 67µg Vitamin C: 36mg Calcium: 71mg Iron: 1mg Folate: 52µg

