



CORN CHOWDER

INGREDIENTS

- 3 cups onions, chopped
- 7 cloves garlic, minced
- 2 tbsps. olive oil
- 4 carrots, cut in rounds
- 2/3 head celery, chopped
- 4 cups whole corn
- 1 lbs baby yukon potatoes, chopped
- 2 red bell peppers, chopped
- 1 cup scallions, chopped
- 1/3 cup cilantro, chopped
- 1 cup vegetable stock
- salt and pepper to taste

Nutrition Facts

Serving size: 1 cup

Servings: 8

Amount per serving

Calories 183

% Daily Value*

Total Fat 4.6g 6%

Saturated Fat 0.7g 3%

Cholesterol 0mg 0%

Sodium 84mg 4%

Total Carbohydrate 34.7g 13%

Dietary Fiber 6g 22%

Total Sugars 8.4g

Protein 4.9g

Vitamin D 0mcg 0%

Calcium 44mg 3%

Iron 3mg 16%

Potassium 718mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

DIRECTIONS

1. Sauté onions, garlic, and olive oil in large pot on medium-low heat for ~ 5 minutes
2. Add carrots, celery and potatoes, sauté on medium-high heat for ~ 10 minutes (until potatoes are soft)
3. In a separate bowl or blender, puree two cups of whole corn
4. Add two cups of whole corn, two cups of pureed corn, and vegetable stock to pot
5. Once corn and stock is heated up, add bell peppers, cilantro, parsley, and salt and pepper
6. Turn off heat, and let cool ~ 5 minutes before serving

PREP TIME: 20 MINS

COOK TIME: 30 MINS

TOTAL TIME: 50 MINS