

# Fire Roasted Corn Chowder

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 8    SERVING SIZE: 1 cup**

Ingredients	Quantity	Measure
Fresh Corn	8	ears
Olive Oil	2	tbsp.
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	½	cup
Fresh Thyme	1	tsp.
Bay Leaves	2	leaves
Soy Creamer	1	cup
Salt	1	tsp.
Pepper	1	tsp.
Smoked Paprika (for garnish)	½	tsp.
Fresh Cilantro tear leaves (for garnish)	½	tsp.
Flat parsley (for garnish)	½	tsp.

## 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 thyme and 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.

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## 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 \*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