

Confetti Corn Chowder

PREP TIME

Soup

15
minutes

Confetti Corn Chowder



INGREDIENTS

1-2 Tbsp. light oil
1/2 cup onion, chopped fine
1/2 cup carrot, peeled and chopped fine
1/2 cup zucchini, chopped fine (*reserve 1 Tbsp.)
1/2 cup Anaheim or red pepper, chopped fine (*reserve 1 Tbsp.)
4 corn cobs with kernels cut off (~ 3 cups corn) (*reserve 1 Tbsp.)
1 bay leaf
2-3 cups water to cover
2 cups unsweetened almond milk
2 Tbsp. minced chives (*reserve 1 Tbsp.)
1/4 cup fresh basil, julliened (*reserve 1 Tbsp.)

1/2 - 1 tsp salt
1/4 tsp. pepper

*Garnish options:
(zucchini, pepper, corn, chives, basil)

DIRECTIONS

Heat oil in a soup pot. Add the onion and carrot; saute over medium heat until golden. Add the zucchini, Anaheim pepper, and corn and saute a few minutes until crisp tender. Add bay leaf and enough water to just cover vegetables and bring to a boil. Reduce heat and cover with lid and simmer gently for 15-20 minutes or until the vegetables are tender. Add in chives and basil. Season with salt and pepper.
Puree half of the soup and add back into the pot. This will make the soup creamy.
Add almond milk as needed to create desired consistency.
Garnish each serving bowl with reserved items.

COOK TIME

30
minutes

YIELD

4
servings