

Corn Chowder

Simple to prepare, this chowder has a rich flavour and interesting texture that makes it enormously satisfying. Serve it with a crisp green salad plus fruit for dessert.

Prep Time: approx. 10 Minutes.

Cook Time: 35 Minutes.

Makes 4 servings



1 tbsp	vegetable oil	15 ml
1	small onion, coarsely chopped	1
2 pkgs (16 oz ea.)	loose-pack frozen whole-kernel corn thawed, divided	1 kg
2 cups	water	500 ml
3	chicken flavour bouillon cubes	3
1 can (12 oz)	Nestlé Carnation Evaporated Milk	340 g
1/2 cup	chopped red bell pepper	125 ml
1/2 tsp	chopped fresh rosemary	2.5 ml
1 tbsp	chopped fresh basil (optional)	15 ml

Directions

- 1 Heat oil in large saucepan. Add onion; cook, stirring occasionally, until tender. Add 4 cups corn; cook, stirring occasionally, until tender. Add water and bouillon; cook, stirring frequently, for 15 minutes or until corn is very soft.
- 2 Place corn mixture in blender or food processor; blend until smooth. Return to saucepan. Stir in remaining corn, evaporated milk, bell pepper and rosemary. Cook, stirring frequently, for 10 minutes or until chowder is thick and bell pepper is tender. Season with salt and ground black pepper, if desired. Garnish with basil.

Tip

For a Southwestern-style twist to this recipe, add 1 can (4 ounces) diced green chiles with the bell pepper. Eliminate rosemary; stir in 1 teaspoon chopped fresh cilantro. Garnish with cilantro leaves instead of basil.

Recipe courtesy of Nestlé