

## Corn Chowder

- ~ 2 Tbs. butter
- ~ 1 large onion, chopped
- ~ 2 garlic cloves, minced
- ~ 1 large carrot, chopped
- ~ 1 red pepper, seeds removed and diced
- ~ 3 Tbsp. minced poblano pepper
- ~ 2 potatoes, washed and diced
- ~ 2 cups chicken broth
- ~ 3 ears sweet corn, kernels removed or 3 cups frozen or canned corn
- ~ 1/3 cup flour
- ~ 1/2 tsp. dried thyme
- ~ salt and freshly ground black pepper, to taste
- ~ shredded cheddar cheese-optional, for serving

1. In a large soup pot, heat the butter over medium heat. Add the onion and garlic, cook for 2-3 minutes. Add the carrot, red pepper, poblano pepper, and potatoes. Add the chicken broth and empty ears of corn, if using, and cook until vegetables are tender. This will take about 10 minutes.

2. In a medium bowl, whisk together the flour and milk. Pour mixture into the soup pot. Stir. Add in the corn kernels, thyme, salt, and pepper. Let the soup simmer for 20-30 minutes.

3. Remove empty ears of corn, if using, and ladle into bowls. Garnish with cheddar cheese, if desired.

Adapted from Two Peas & Their Pod

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