



Southwest Corn Chowder

Yields: 10 servings

Prep time: 30 min

Cook time: 1½ hrs

INGREDIENTS:

- 6 cups of fresh corn kernels
- 2 red bell peppers (chopped)
- 2 poblano peppers (chopped)
- 1 white onion (chopped)
- 1 jalapeño (chopped)
- 1 tablespoon of minced garlic
- 2 tomatillos (chopped)
- ½ cup of cilantro (chopped)
- 1½ cup of sour cream
- 1 teaspoon of paprika
- 2 teaspoons of canola oil
- 4 cups of vegetable broth
- 2 cups of water

TOOLS:

- [Chantal Cast-Iron Dutch Oven \(5.6 Qt.\)](#)
- [Chantal Induction 21 Steel Griddle with Ceramic Coating \(19 In. x 9.5 In.\)](#)





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PROCESS:

1. The chowder will have a delicious roasted flavor if you put the corn kernels, chopped bell pepper, and poblano peppers in the oven on a sheet pan or griddle for 30 minutes at 450 °F.
2. If you choose not to roast your veggies, skip step 1. Put the canola oil in the cast iron dutch oven and allow to get hot over medium-high heat.
3. Cook the onions, garlic, and paprika for about 5 minutes in the oil.
4. Add in the broth and water. Bring to a boil.
5. If roasting the corn and peppers, remove from oven and pour into the dutch oven where your broth mixture is cooking.
6. Cover and allow to boil for 10 minutes. Then add in chopped tomatillos and sour cream. Cover again for 10 minutes. You may have to crack the lid open a bit to prevent it from boiling over.
7. Reduce heat to medium and let the soup cook for about an hour. Add in the chopped cilantro and stir. Allow to cook with the cilantro added for 10 minutes.
8. Remove from heat and let the soup sit to cool. When serving, add more cilantro, cheese, sour cream, whatever you like to spruce the plate. **Enjoy!**