



Healthy Corn Chowder



Ingredients:

- 5 cups vegetable broth or more as needed
- 4 ears fresh corn about 5 cups
- 2 TBLs extra virgin olive oil
- 1 large yellow onion diced
- 2 medium carrots diced
- 1 stalk celery diced
- 3 cloves garlic minced or grated
- 1½ tsps smoked paprika
- ⅛ tsp cayenne pepper or red pepper flakes
- 12 ounces potatoes diced into ½-inch pieces
- 2 cans butter beans 15 oz each can, drained and rinsed
- 1 tsp salt plus more to taste
- ¼ tsp black pepper
- 1½ cups Greek yogurt, 2%, whole milk, or heavy cream
- 1 lemon cut into wedges
- 2 TBLs sun-dried tomatoes optional, oil-packed, chopped
- 2 green onions thinly sliced

Method:

1. Stand each ear of corn upright in a large bowl and slice downward with a sharp knife to remove the kernels. If the cobs release any corn milk, scrape it out with the back of a knife and save it with the kernels.
2. Snap the cobs in half and add them to a pot with 5 cups vegetable broth. Bring to a boil, then simmer for 10 minutes. Remove and discard the cobs.
3. Heat 2 TBLs extra virgin olive oil in a large pot or Dutch oven over medium heat.
4. Add the onion, carrots, and celery. Cook for 5 minutes, stirring occasionally, until softened. Stir in garlic, paprika, and cayenne pepper and cook until fragrant, about 1 minute.
5. Add potatoes, corn, drained and rinsed butter beans, salt, and black pepper (to taste).
6. Pour in the corn broth and simmer for 15 minutes, or until the potatoes are fork tender.
7. Transfer about 2 cups of the soup to a blender. Add the dairy and the remaining can of drained and rinsed beans. Blend until smooth, then pour it back into the pot and stir well. If needed, warm the soup gently over low heat, but don't let it boil.
8. Ladle into bowls and top with sliced green onions, chopped sun-dried tomatoes, and black pepper. Finish with a generous squeeze of fresh lemon juice. If you like, add crumbled feta, shredded cheddar, or grated Parmesan. The cheese is optional—the lemon isn't.