

# Roasted Corn & Poblano Chowder



This chowder is great for utilizing any seasonal produce you have on hand and tastes delicious hot or cold!

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 45 MIN
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## INGREDIENTS

4 medium	Corn cobs, shucked
1 medium	Poblano Pepper, halved, seeds removed
1 medium	Onion, rough chopped
1 medium	Carrot, peeled, rough chopped
1 medium	Zucchini, rough chopped
2 each	Garlic Cloves, smashed
2 cups	Vegetable or Chicken stock, low-sodium or homemade, room temperature
2 Tbsp	Lime juice
½ tsp	Kosher Salt
¼ tsp	Paprika, smoked or sweet
¼ tsp	Cumin, ground
¼ tsp	Coriander, ground
To taste	Black Pepper, ground

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Preheat the oven to 450°F.
2. On a foil lined sheet pan, place the corn cobs and the halved peppers, skin side up. Place the tray in the preheated oven. Every 5 minutes, rotate the corn until all sides are golden, about 15 minutes. Leave the peppers without moving them until the skins are charred, about 15 minutes.
3. Remove the corn and the pepper from the oven. Set the corn aside to cool. Place the pepper in a bowl and cover with plastic wrap and set aside for about 10 minutes. This step traps in the hot air and allows the skin to pull away from the pepper, making it easier to remove later.
4. Meanwhile, add the roughly chopped onions, carrots, zucchini and the smashed garlic to another lined sheet pan and transfer to the preheated oven. Toss the vegetables every 5-10 minutes until they are browned and fork tender, about 20 minutes total. Remove the vegetables directly to a blender. Allow to sit, uncovered.

## CHEF'S NOTES

The vegetables are roasted, but grilled or sautéed would work well, too.

Pro tip: Putting the roasted, grilled or charred pepper in a container with plastic wrap traps in the hot air and helps separate the skin from the pepper. Using your fingers or a spoon, you can easily remove the skin to reduce bitterness in your finished dish while retaining the sweet roasted flavor.

No Poblano? No problem: You can use a bell pepper for a sweeter flavor, or a jalapeno or hatch pepper for some extra heat!

## DIRECTIONS (Continued)

5. Using a spoon, pull the skin off of the pepper halves. Add the flesh of the pepper to the vegetables in the blender. Using a knife, cut the corn kernels from the corn. Reserve 1 cob's kernels. Add the remaining corn to the blender.
6. Add the stock, lime juice, and spices to the blender. Blend on medium-high for one minute until smooth and creamy. Stir in the reserved corn by hand.
7. Serve the chowder hot or cold, as desired.

## Nutrition Facts

6 servings per container

**Serving Size** 1 1/2 cups (217 g)

Amount per serving

<b>Calories</b>	<b>70</b>
	% Daily Value *
<b>Total Fat 1g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 105mg</b>	<b>4%</b>
<b>Total Carbohydrate 16g</b>	<b>6%</b>
Dietary Fiber 3g	10%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	<b>6%</b>
Vitamin D 0mcg	0%
Calcium 20mg	0%
Iron 0.53mg	3%
Potassium 300mg	7%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

