

Summer Corn Chowder

Courtesy of Carole's Creations

Prep Time: 20 minutes

Cooking Time: 1-1/2 hours

Serves: 8

Chints: Watch for when corn is in season in your area. Your chowder will have that freshly harvest taste.



6 ears of fresh corn, divided
6 cups of Chicken broth, about 4-14 ounce cans or 1 -49 ounce can
3 cloves minced garlic, fresh or from a jar
1 russet potato, peeled and cut into 1/2 cubes
Salt and pepper to taste
2 tablespoons Carole's seasoning (see recipe below)
1-1/2 teaspoons cumin
1 tablespoon olive oil
14-16 oz. package reduced fat Turkey Smoked Sausage, diced or 2 cups boneless, skinless chicken, cut into bite size pieces
1 medium yellow onion, chopped
2 cups skim milk
optional garnish...
4 medium ripe tomatoes, diced

You will need to shuck your corn if it is fresh. Get a large bowl and a sharp knife. You are going to be cutting the corn off the cob. You will need to take one ear at a time, stand it up in the bowl and hold it with one hand and use the knife to go down the cob to cut off the corn. The corn will release its milk which you will want to keep with the corn. As you finish each ear, don't throw the cob away. Place them in a large soup pot. Leave the corn you have cut off the cob in the large bowl. When you are done, divide the corn in half, leaving half in the bowl and the other half should be transferred to a microwave safe container and set aside.

Fill the soup pot containing the cobs with all the broth and garlic. Bring to a low boil, reduce heat and simmer in a partially covered pot for 10 min. While the cobs are cooking you can start preparing the other ingredients. After 10 minutes, use tongs to remove the cobs from the pot and through them away. Stir in the potato cubes through cumin. Reserve the rest of the corn in a microwaveable bowl. Simmer partially covered, until potatoes are fork tender, 10 – 12 minutes.

While the soup is cooking add the oil to a large skillet over medium heat. Add the sausages or chicken pieces and the onions. Cook for 6 minutes stirring occasionally until the meat is brown and the onions are soft, scraping the bottom of the pan to loosen the yummy brown bits. At the end of the time, turn off the heat under the pan or remove it from the heat and let it sit for a few minutes.

Cook the reserved corn in the microwave for 3 minutes and set it aside until it is needed later.

When the potatoes in the soup are fork tender you should turn off the heat. You need to puree this mixture using a blender or hand-held emulsion blender.

Blender method: Your blender will not hold all of the mixture and because it is very hot, just fill the blender half full each time. Blend 10 – 15 seconds to puree the mixture. Pour the puree into a large mixing bowl. This may take 3-4 times filling the blender to puree all of it. When done, pour it back into the soup pot.

Emulsion blender method: This method is much easier and a lot less messy. Put the hand-held blender in the soup pot and blend, moving it around in the pot to puree the mixture.

Stir in milk, sausage, onions and extra corn. Turn the heat to medium. It is important to stir often to be sure the milk doesn't burn for 3 minutes. Reduce the heat to a simmer stirring occasionally and for 15 minutes to allow the flavors to blend with each other. During this time you can start to clean up your kitchen.

When the soup is done you may serve it. Optional; garnish with tomatoes.

Carole's Seasoning Blend

- 1 Tablespoon + 1 teaspoon smoked paprika
- 2 teaspoons chili powder
- 1 Tablespoon onion powder
- 1 Tablespoon dried oregano
- 1 Tablespoon garlic powder
- 1 Tablespoon salt
- 1 teaspoon black pepper
- 1 teaspoon cumin
- 1 teaspoon dried thyme
- 1 teaspoon dried basil

Combine all ingredients thoroughly and store in an airtight jar or container in a dark location. Herbs will last long in a dark area. Makes about 1/3 cup. Can be used in a variety of recipes.