

Fresh Corn Chowder with Pepper Relish



Makes:

8 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
small mixing bowl
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Corn chowder is a popular late summer dish when the weather is just beginning to get cool. This chowder recipe takes advantage of local corn and new potatoes, made lighter by substituting heavy cream for almond milk. This dish is vegan and vegetarian friendly. Add a spoon or two of pepper relish to your bowl of soup for a fresh spicy topping.

6 ears corn, fresh, peeled with silk removed
1 medium
onion, strung, use Cone #2
2 cloves garlic, shredded, use Cone #1
1 tablespoon
ground cumin
(8
g)
1/2 teaspoon
dried basil
(.5
g)
4 cups
vegetable stock
(950
mL)
4 cups
almond milk
(950
mL)
2 cups
red potatoes, scrubbed and diced
(300
g)
salt and fresh ground pepper, to taste

1/4 cup
arrowroot powder
(32
g)
1/4 cup
water
(60
mL)

Pepper Relish

1
cup red and green bell peppers, small (175 g) 1
dice 2
large
jalapeño pepper, minced (with some seeds added depending on
how hot you like it)
tablespoons red onion, minced (20 g) 1
lime, fresh juice 1
tablespoon olive oil (15 mL) 1
teaspoon salt (6 g) 1/4
cup fresh cilantro, (4 g)
chopped

Directions:

1. Cut corn kernels off cob and place in a bowl; set aside.
Reserve corn cobs.
2. Preheat roaster over medium heat. When several drops of
water sprinkled in roaster skitter and dissipate, add onions
and garlic and sauté for 2 - 3 minutes until softened.
3. Add cumin, basil, vegetable stock, almond milk and potatoes.
Stir to combine.
4. Break corn cobs in half and place in roaster, pushing down so
they are submerged in the liquid.
5. Place cover on roaster. When Vapo-Valve™ begins to click
steadily, reduce heat to low and cook for approximately 20 -
25 minutes, until potatoes are soft.
6. Remove corn cobs from roaster and discard.
7. Add corn kernels to roaster. Turn heat back to medium and
cover. When Vapo-Valve™ clicks steadily, reduce heat to low
and cook for an additional 15 - 20 minutes until the corn is
soft.
8. Taste soup and season with salt and pepper as needed.
9. In a small bowl mix together arrowroot powder and water until
thoroughly combined.
10. Add arrowroot mixture to soup and stir to combine. Cook for 5
minutes until soup is thickened.
11. In a small bowl combine all relish ingredients. Taste and
adjust seasonings as desired.
12. Ladle corn chowder into bowls and serve hot with a spoon of
pepper relish on top if desired.

Nutritional Information per

▼ Serving

Corn chowder

Calories: 148

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Sodium: 850mg

Total 31g

Carbs:

Dietary Fiber: 4g

Sugar: 7g

Protein: 4g

Pepper relish (based on 8 servings)

Calories: 23

Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg
Sodium: 292mg
Carbohydrate: 2g
Fiber: 1g
Sugar: 1g
Protein: 0g
