

Lunch | Dinner

Creamy Roasted Poblano Corn Chowder

20-25 Mins
Prep Time

25-30 Mins
Cook Time

6
Servings

212 Calories **9g** Fat **34g** Carbs **4g** Protein



Ingredients

6 Servings **45-55 Mins** Total Time **Allergens: Corn**

2 Large Poblano Peppers

3 Tbsp Extra Virgin Olive Oil

1 Large Yellow Onion, diced

3 Cloves Garlic, minced or pressed

2 Celery Ribs, chopped

2 Small Yukon Gold Potatoes, diced

1 Tsp Cumin

1 Tsp Oregano

Salt, to taste

4 Cups Frozen Corn

4 Cups Vegetable Broth

½ Cup Unsweetened Coconut Milk

Toppings*: Fresh Cilantro, Fresh Lime Juice, Tortilla Chips

*Soup toppings not included in nutrition information

Nourishment Note



Garlic

Garlic is anti-inflammatory and may help protect against certain types of cancer.



Cumin

Cumin may help promote healthy digestion.

Allergen Swap

Corn There is no substitution for corn

Instructions

1. Broil Poblano Peppers

Turn oven on to the “broil” setting. Place poblano peppers on an aluminum foil-lined cookie sheet. Place in oven and broil. Broil for about 10 minutes, rotating every few minutes using tongs. Once peppers are dark brown, transfer to a bowl and cover with a plate. Allow them to steam.

2. Prepare the Soup

While the peppers are steaming, prepare the soup. In a large pot, warm the olive oil over medium heat. Add the onion and cook for 2-3 minutes, until translucent. Add the garlic, celery, potatoes, cumin, oregano, and a pinch of salt. Cook for about 5 minutes.

3. Add Corn & Broth

Add the corn and vegetable broth. Bring to a boil, then cover and cook for 25-30 minutes, until the potatoes are soft.

4. Prepare the Peppers

While the soup is cooking, prepare the peppers. Wearing dish gloves or using a paper towel, scrape the outer charred skin off of the pepper. Remove the core and seeds then dice the peppers.

5. Blend Soup

Remove soup from heat. Using an immersion blender, blend the soup until creamy. If using a blender, carefully transfer soup to a blender and blend until creamy. Transfer soup back to pot.

6. Stir in Milk & Peppers

Stir in coconut milk and diced peppers.

7. Add Toppings & Serve

Serve with suggested toppings.

Recipe adapted from makingthymeforhealth.com

What You'll Need



Cutting Board



Knife



Vegetable Peeler



Measuring Spoons



Measuring Cups



Bowl



Aluminum Foil



Tongs



Baking Sheet



Large Pot



Blender or Immersion Blender

Breathe Better Food Tip

- Garlic and onion can cause gas which may be problematic to patients with asthma. To help, replace the whole garlic and onion with dried versions. Use 1 tablespoon of dried onion and 3 teaspoons of garlic.
- If heartburn is an issue, try using red peppers in place of the poblano peppers. Red peppers offer a sweeter flavor and may not trigger heartburn. Follow the same preparation steps for the red pepper as the poblano.