

## Chorizo Corn Chowder



Twist on a popular soup featuring MINOR'S® Bases.

Yield	1 gallon 21 (6oz) servings
Serves	21
Preparation time	5 minutes
Cooking time	35 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	oz	1 cup		Chorizo sausage, raw	small dice
6	oz	1-1/2 cups		Onion	small dice
6	oz	1-1/2 cups		Celery	small dice
4	oz	1 cup		Green Bell Pepper	small dice
4	oz	1 cup		Red bell pepper	small dice
64	fl oz	2 qts		Water	
1.5	oz	3 tbsp		<u>Minor's® Shrimp Base 6x1 lb.</u>	
2	lb	1 qt		Corn	kernels
2	lb	5 cups		Potato	medium dice
0.75	oz	1 tbsp		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
0.75	oz	1 tbsp		<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz	1/2 cup		<u>Minor's® Dry Roux® (Sauce/Soup Thickener) 4x2.5 lb.</u>	
8	fl oz	1 cup		Water	
16	fl oz	2 cups		Milk, full fat	

### Preparation Steps

1. Cook chorizo over medium heat until it releases some of its natural oils. Increase heat to medium high and sauté onions, celery, and bell peppers.
2. Add 2 qts. of water, Shrimp Base, corn, potatoes, Roasted Garlic and Red Chile Adobo Flavor Concentrates and bring to a simmer.
3. Once potatoes are fork tender, whisk Dry Roux and 1 cup of water into slurry. Add it to the soup. Bring to a boil, and immediately reduce back to a simmer. Add milk once thickened.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	132.4
Energy (KJ)	559.8
Protein (g)	4.9
Carbohydrate, total (g)	21.6
Fats, total (g)	3.7
Sugars, total (g)	3.9
Fats, saturated (g)	1.4
Fiber, total dietary (g)	2.8
Sodium (mg)	363.5
Calcium (mg)	38.6
Cholesterol (mg)	8.1
Iron (mg)	1.1
Vitamin A (µg_RAE)	33.2

Vitamin C (mg)	26.9
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*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*