

Southwestern Corn Chowder

Average user rating: ★★★★★ (from 1 user(s))



Creamy Southwest corn chowder with a poblano kick.

Yield	108 oz (18/6oz servings)
Serves	18
Preparation time	10 minutes
Cooking time	30 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	oz	1/2 cup		Butter, unsalted	
14.75	oz	3 cups		Corn	roasted, kernels removed
6	oz	1-1/2 cups		White onions	diced small
4.5	oz	1 cup		Celery	ribs, diced small
6	oz	1-1/4 cups		All purpose flour	
64	oz	8 cups		Water	
4	oz	1/2 cup		Heavy whipping cream	
2	oz	1/4 cup		<u>Minor's® Fire Roasted Poblano Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1	oz	2 tbsp		<u>Minor's® Gluten Free Chicken Base made with Natural Ingredients (6x1lb)</u>	
1/2	oz	1 tbsp		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	

Preparation Steps

1. In a soup pot, combine butter, corn, onion and celery. Sauté over medium high heat for 5 minutes. Add flour and reduce heat and cook for 3-5 minutes to a blond color.
2. Whisk water, cream, Fire Roasted Poblano Flavor Concentrate, Chicken Base and Roasted Garlic Flavor Concentrate. Continue whisking until the roux is fully dissolved. Simmer for 20 minutes or until the soup thickens.
3. Season to taste. Garnish and serve.

Chef's tip

Garnish with sour cream, roasted chilies and sliced green onions.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	136.2
Energy (Kj)	572.1
Protein (g)	2.3
Carbohydrate, total (g)	13.9
Fats, total (g)	8.4
Sugars, total (g)	1.5
Fats, saturated (g)	4.8
Fiber, total dietary (g)	1.2
Sodium (mg)	237.1
Calcium (mg)	15.6
Cholesterol (mg)	22.8

Iron (mg)	0.7
Vitamin A (µg_RAE)	113.5
Vitamin C (mg)	6.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.