



Southwest Corn Chowder

Spectacular and rich, this chowder features popular Southwestern flavors of corn, sweet bell peppers, cumin, cayenne pepper and MorningStar Farms® Chipotle Black Bean Crumbles™.

[PRINT](#)


Prep Time:
25



Total Time:
25



Servings
4

Ingredients

- 1 3/4 cups vegetable broth
- 1 1/2 cups frozen whole kernel corn
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- 1 cup sliced carrots
- 1/2 teaspoon ground cumin
- 1/8 teaspoon ground cayenne pepper
- 2/3 cup evaporated fat free milk
- 3 tablespoons all-purpose flour
- 1/2 package (6 oz.) MorningStar Farms® Chipotle Black Bean Crumbles™

Directions

1. In large saucepan combine broth, corn, green pepper, red pepper, carrots, cumin and cayenne pepper. Bring to boiling. Reduce heat. Simmer, covered, for 5 minutes.
2. In small bowl whisk together milk and flour. Stir into hot mixture in saucepan. Bring to boiling. Stir in MORNINGSTAR FARMS® CHIPOTLE BLACK BEAN CRUMBLES. Cook over medium heat until crumbles are hot, stirring frequently. Add cheese, stirring until melted.
3. Ladle chowder into serving bowls. Garnish with fresh parsley sprigs, if desired.

4 ounces American cheese, cut up

Parsley sprigs (optional)

NUTRITION INFORMATION

This recipe uses:



MorningStar Farms®
Chipotle Black Bean
Crumbles™

WHERE TO BUY

RELATED RECIPES:



Spicy Black Bean
Lettuce Wraps

Serve 3 of these spicy-filled lettuce wraps as a main dish or plan on serving 2 as an appetizer serving.

TRY THIS RECIPE



Chipotle Black Bean
Crumbles™
Meatballs by Chef
Holzman

Recipe adapted from Chef Holzman, Chef/Owner of The Meatball Shop.

TRY THIS RECIPE



Southwestern Roll
Recipe| MorningStar
Farms®

Baked phyllo dough gives a crisp texture to these rolls filled with brown rice, Cotija cheese, corn, tomatoes and MorningStar Farms® Chipotle Black Bean Crumbles™. Serve them topped with a dollop of sour cream.

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