



Tim's Poblano Corn Chowder

You can use a regular blender if you do not have an immersion blender. Just let the soup cool a little bit before pouring into a regular blender then heat it back up again before serving.

You can garnish with fresh cilantro, parsley, green onions, or whatever else you like! My favorite garnish is actually dill pickle or salt & vinegar potato chips and hot sauce.

Enjoy!

Ingredients:

3 medium to large poblano peppers
4 medium sized white potatoes
olive oil
1 can whole kernel corn
1 can cream style corn
1 small onion, chopped
1 Tbsp minced garlic
1 1/2 cups chicken broth
1/4 chopped fresh cilantro
2 Tbsp butter, melted
1 Tbsp flour (brown rice flour for GF)
1 tsp cumin

Directions:

Boil cut potatoes to just soft (save 1 cup of the starchy water). Pan fry whole corn, in olive oil, until browned. Halve and bake poblanos with olive oil @375 in the oven for at least 15 minutes, remove skins and chop. Set aside potatoes, corn and about half of the chopped poblano. In stock or soup pot, saute onion and garlic until soft. Add in chicken broth, cream corn, cilantro, cumin, and other half of poblanos. In a separate bowl, mix up a roux by adding the flour and butter to the starchy water from the potatoes. Add to soup pot. Cream soup with an immersion blender. Add the potatoes, corn and poblano you set aside earlier. Salt & Pepper to taste, Garnish and Serve!