

Summer Corn Chowder

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Ingredients:

- 3 tablespoons unsalted butter
- 1 tablespoon olive oil
- 1 large onion, diced
- 4 tablespoons all-purpose flour
- 5 cups chicken broth (or vegetable broth)
- 2 large russet potatoes, diced
- 1 tablespoon salt
- 4 cups corn (fresh or frozen)
- 1/2 cup red bell pepper, diced
- 1/2 cup green bell pepper, diced
- 1 can petite diced tomatoes (or 2 ripe plum tomatoes, diced)
- 1 teaspoons turmeric
- 1/4 teaspoon cayenne pepper (optional)
- 1 cup half-and-half or heavy cream
- 1/4 – 1/2 cup dried corn tortillas or tortilla chips – finely ground in food processor
- 1/4 – 1/2 cup coarsely chopped cilantro
- 1/4 – 1/2 cup coarsely chopped parsley
- Salt and pepper (a soup with this many vegetables and potatoes requires a good amount of salt. Season to taste)



Directions:

In a large soup pot over medium-high heat, add the butter and oil and cook until butter melts. Add the chopped onions and sauté, stirring occasionally until soft and translucent. Stir in flour and cook, stirring for about 2 – 3 minutes to cook out the raw taste of the flour but not long enough to brown the flour.

Pour in 5 cups of broth and whisk constantly until the soup begins to thicken. Reduce the heat and add the diced potatoes and 1 tablespoon of salt. Allow the soup to simmer for a few minutes, stirring occasionally, until the potatoes are tender.

Add the corn, red and green bell peppers, tomatoes, turmeric, cayenne pepper, cilantro, parsley, and additional salt and pepper, to taste. Cook the soup for approximately 20 minutes allowing the flavors to marry. In a cup, combine the 1/4 cup of ground dried corn tortilla or tortilla chips with the cream/half-and-half and mix with a fork. While stirring the soup, add the mixture of corn tortilla and cream. This will thicken the soup and add a delicious flavor. To control the thickness, add more broth if desired.

This soup can be prepared ahead of time and stored in the refrigerator for several days or in the freezer for several months. Enjoy!