

Chu Visits the Southwest Corn Chowder

Ingredients

1 16-oz. bag frozen corn
1/2 cup water
1 cup vegetable broth
1 4-oz. can roasted green chilies
1/2 cup red bell pepper, chopped fine
1 15-oz. can black beans, rinsed and drained (optional)
2 green onions, chopped
Cilantro, for garnish

Preparation

- Bring the corn and water to a boil.
- Reduce heat, cover, and cook 5 minutes.
- Let the corn cool a bit, then puree in a blender with the broth.
- Return the mixture to the saucepan.
- Optional: strain it at this point
- Add the chilies, the bell pepper and the beans (if using). If it seems too thick for your taste, add a bit more water or broth.
- Simmer until heated through, 7-10 minutes.
- Stir in the green onions.
- Garnish with cilantro.

Hint: Makes a good "first course" soup without the beans, a "main dish" soup with them.