

Sweet Corn Chowder

One of my husband's favorite raw soups. Corn Chowder has become a staple in our home. Serve any time of year at room temperature or warmed on chilly winter nights. During the summer months when sweet corn is plentiful I use fresh, but the organic frozen sweet corn available at most healthy stores is a great substitute and available year round. If there happens to be any soup left over, it can easily be made into corn tortillas for chips or taco shells.

Yields 5 cups

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Ingredients:

6 cups of sweet corn kernels divided into two equal portions (about six ears of fresh corn or two 16 ounce bags frozen sweet corn)

1 cup almond milk

2 Tablespoons lime juice

2 teaspoons white miso

1 teaspoon fresh garlic (1 large clove)

1 Tablespoon Red Star nutritional yeast

1 teaspoon cumin

1 teaspoon salt

1/8 teaspoon jalapeno chili powder

1/4 cup minced red onion

Directions:

In a high speed blender, place 3 cups – half the amount of corn – almond milk, lime juice, white miso, garlic, nutritional yeast, cumin, jalapeno powder, and salt. Blend until mixture is smooth. Transfer mixture to a mixing bowl and gently fold in the remaining 3 cups of corn and the minced onion. Garnish with chili flakes and freshly ground pepper. Serve chilled or at room temperature.

May be stored in an air tight glass container in the refrigerator for up to one week, or frozen for up to 2 months.