

Smoky Corn Chowder

Serves 6

Ingredients:

1 large onion, chopped

1 red bell pepper, diced

2 cups fresh or frozen corn kernels

3 garlic cloves, minced

1 Tbs smoked paprika

1 tsp chili powder

1/2 tsp cayenne

5 cups water

1 package Wellness Forum Health's Large Potato Soup Mix

Salt and pepper to taste

- Saute the onion, red bell pepper, and corn in a large saucepan for 8 to 10 minutes until the onions are translucent and start to brown. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan.
- Add the garlic, paprika, chili powder, and cayenne pepper and cook another minute.
- Add the water and Potato Soup Mix and stir well.
- Bring the mixture to a boil over high heat, reduce the heat to medium low and cook for 10 minutes.
- Remove half of the vegetables and some of the cooking liquid to a blender and puree the mixture until smooth and creamy. Add more of the cooking liquid as needed to achieve a creamy consistency.
- Season with sea salt and black pepper and cook another minute.