

# GREEN CHILI, CHICKEN AND CORN CHOWDER



## Ingredients:

- 1/4 olive oil
- 1 large white onion, chopped
- 3 garlic cloves, minced
- 1 yellow bell pepper, seeded and chopped
- 2-3 new potatoes, sliced
- 4 cups chicken broth, brought to a boil
- 2 chicken breasts, skinned and chopped
- 1/2t cumin
- Salt to taste
- 3 cups sweet corn kernels
- 1 can oz can green chilies, drained
- 1 jalapeno pepper, seeded and chopped
- 1/4 cup chopped cilantro
- Black pepper
- Sour cream

## Directions:

Place 2 T olive oil in a heavy pan over medium heat and sauté the onion, garlic, yellow pepper and potatoes until onion is wilted. Add hot stock, cumin and salt to taste. Continue to cook until potatoes are soft. Meanwhile, place 2 T olive oil in a large sauté pan and add corn, chilies, jalapeno and cilantro just until heated through. Add salt to taste and mix with the stock. Puree mixture into a food processor in batches. Pour through a sieve to remove corn kernel skins. Adjust seasoning with pepper and salt. Meanwhile, cook chopped chicken either in microwave or in a little olive oil on stove and add to chowder. Serve with sour cream.

Without chicken, serves 6. With chicken, serves 8.