

Corn Chowder

6 cans corn (6 cans roughly = 3 frozen bags), drained
6 large red potatoes peeled and quartered
3 Tbsps canola oil
3 large white onion
15 cloves large garlic minced
8 large carrots, peeled and diced
3 large red bell peppers, cored and chopped
1½ tsps salt (or more to taste)
2 Tbsps Cajun or Old Bay seasoning, optional
1-1/2 tsps paprika, optional (careful with quantity if using Old Bay)
1 tsp ground cumin
2 cans full fat coconut milk
6 cups water or vegetable broth
Pepper to taste

Place potatoes in quarters into pot of boiling water. Cook 10-15 mins, until soft.

Heat oil on medium in soup pot. Sauté onion, stirring occasionally, 5-8 mins.

Add bell pepper, carrots, and seasonings. Cook, stirring occasionally, 5-8 mins.

Place **HALF** of the corn and **HALF** of the cooked potatoes in a separate pot. Add coconut milk and water (or broth). Blend until completely smooth.

Chop the remaining potato into smaller chunks. Add potato chunks and remaining corn to the sautéed vegetables. Pour the blended corn/potato mixture into the pot. Bring to a gentle boil. Simmer 10-20 mins.

Remove from heat. Add salt and pepper to taste.