

Sip, Slurp and Savour ...

Southern Accent's Chipotle Basil Corn Chowder

Ingredients

- 1 Tablespoon Earth Balance Butter
(Vegan, no artificial ingredients or hydrogenated oils, and are free of gluten, lactose and eggs)
- 1 Tablespoon Olive Oil
- 4 Shallots, finely diced
- 3 Yukon gold potatoes peeled and cubed
- 2 Cup shredded carrot
- 3 teaspoon chipotle, minced (canned)
- 8 cup vegetable stock
- 6 cup fresh sweet corn
- 1½ cup soy milk
- 2 tablespoon lime juice
- ¾ cup fresh basil chopped
- Salt and black pepper to taste



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Method:

Heat the butter and olive oil in a large pot. Add the Shallots and sauté until golden. Add the potatoes, carrot, and chipotle and stir to coat. Let them cook over medium heat until start to stick to the bottom.

Add the vegetable stock and scraping what's sticking off the bottom of the pan.

Bring to a boil, and then reduce heat and cover, cooking until potatoes are tender.

Transfer half of the mix to the blender and add half of the corn, soy milk, salt, lime juice and blend until smooth. Return to the pot and stir rest of the corn, basil and black pepper. Bring back to boil

Taste and add additional seasoning if necessary.

Ladle the soup into bowls and garnish with basil leaves and serve.

This recipe yields 8 servings.



Recipe courtesy of Southern Accent
595 Markham Street, Toronto.
www.southernaccent.com

For more information, visit www.growarow.org