



Greenbelt Grown

#3 of 5

Harvest Corn Chowder

serves 6

**SOUP
SUNDAYS**

Shopping List (Ingredients)

- 1 medium onion
- 3 cloves garlic
- 1/2 tsp chili powder
- 6 cobs fresh corn
- 2 medium carrots
- 1 sweet red pepper
- 2 yellow potatoes
- 2 tsp smoked paprika
- 4 cups vegetable broth
- 3/4 cups coconut milk
- 2 tbsp fresh lime juice
- salt and pepper to taste

What is Soup Sundays? It's an exciting month-long event where we invite *Friends* to make and share soups made from local Greenbelt ingredients each Sunday during October. It's a fun way to support the Greenbelt by sharing all that it has to offer.

A hot, savoury bowl of soup can help take the chill out of the fall season. Collect all five and start a **Soup Sunday** tradition this weekend! Visit greenbelt.ca/friend to learn more.

Instructions



1. Peel corn and cut kernels off the cob. Set corncobs aside.
2. Finely chop onions and garlic, sauté in olive oil until translucent, about 10 min. Add chili powder and toast for 1 min to release flavour.
3. Add chopped peppers, carrots, and corn kernels.
4. While vegetables are cooking, add cornstarch to 1 c. of broth, stir and set aside. Add remaining 3 c. of broth to the pot, along with potatoes.
5. Bring to boil, add corn cobs; and then reduce heat and simmer for 15-20 min. Remove cobs.
6. Add broth with cornstarch, coconut milk, lime juice, salt and pepper to taste.
7. Purée half the soup with an immersion blender.
8. Garnish with cilantro and sliced radish.

Looking for fresh, Greenbelt grown foods? Visit Greenbeltfresh.ca to find a complete list of Farmers' Markets in and around Ontario's Greenbelt where you'll find everything from produce, proteins, and preserves straight from local farmers.



Possibility grows here.