

# BAJA CORN CHOWDER



## **INGREDIENTS** – Serves 4-6

1-2Tbs. olive oil  
1 yellow onion, finely diced  
1 red bell pepper, finely diced  
¾ cup celery, finely diced  
¾ cup carrot, finely diced  
2 tsp salt  
1 tsp ground coriander  
3 cups corn (I used grilled corn)  
32 ounces vegetable broth  
6 corn tortillas, browned  
Pepper to taste

## **ADDITIONAL FLAVOR OPTIONS**

½-1 jalapeno, diced  
1 tsp. cumin

## **GARNISH**

Chopped cilantro  
Dash paprika (for color)  
Wedge of lime

Heat the olive oil in your soup pot over medium heat and sauté the onion, bell pepper, celery, and carrot (and jalapeno if using).

After sautéing for 5-7 minutes, add the coriander, salt, and pepper (and cumin if using). Mix well to combine.

Add the corn and mix well.

Pour the broth into the vegetable mixture and bring to a boil. Once the soup has reached a boil, reduce the heat to simmer.

Place the tortillas onto the top of the soup for 2-3 minutes (this will soften them). Remove the tortillas from the top of the soup and put them in your blender (I use my Vitamix). Pour 6-8 ladles of soup and veggies over the tortillas.

Very carefully blend the tortillas and soup (Always be VERY careful when blending hot liquids). You may need to do the blending in two batches.

Return the blended soup to the soup pot and mix well.

The soup is now ready to be served with the cilantro, lime, and a dash of paprika.

<http://veggiegrettie.com/2011/06/01/baja-corn-chowder/>