

APRIL IS NATIONAL SOYFOODS MONTH

Curried Corn and Pepper Chowder

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

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| 2 tbsp vegetable oil | 3 cups fresh corn |
| 1/2 cup finely chopped green bell pepper | or one 16 oz bag frozen corn, thawed (about 3 cups) |
| 1/2 cup finely chopped red bell pepper | 1/2 tsp freshly ground pepper, or to taste |
| 1/4 cup minced shallots | 3 cups plain soymilk, divided |
| 2 tsp curry powder, or to taste | 1/4 cup shredded cheddar cheese, divided |
| 1/2 tsp salt | |
| 1 cup vegetable stock | |

Per serving:

Calories:	326
Total fat:	17 g
Saturated fat:	3.9 g
Protein:	14.9 g
Carbohydrate:	35.7 g
Fiber:	6 g
Cholesterol:	16 mg
Iron	1.4 mg
Sodium:	594 mg
Calcium:	60 mg

Heat the oil in a large saucepan or Dutch oven over medium-high heat. Add the bell peppers; cook stirring occasionally, until tender, about 4 minutes. Add the shallots during the last minute; stir until tender but not browned. Add the curry powder and salt; stir for 1 minute. Stir in the corn, vegetable stock, and pepper. Bring to a boil, reduce the heat to medium; cover and cook until the vegetables are tender, about 5 minutes. Transfer 2 cups of the corn mixture to a blender or food processor. Add 1 cup of the soymilk. Process until the mixture is nearly smooth. Pour the pureed mixture into the saucepan; stir in the remaining soymilk. Stir gently over medium heat until the mixture is heated through, about 5 minutes. Sprinkle each serving with 2 tbsp cheese.

Yield: 4 Servings

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