

## **Corn Chowder**

6 Servings

### **Ingredients:**

1 medium onion diced  
3 stalks celery, diced  
1 large sweet potato or yam, peeled & diced  
3  $\frac{3}{4}$  cups corn, (5 medium ears)  
2 tsp., fresh thyme leaves, finely chopped  
4 cups vegetable broth  
sea salt  
2 T. olive oil  
cilantro, finely chopped for a garnish

### **Preparation:**

In a heavy saucepan, put the olive oil and sauté the onion. When onion starts to sweat, add a pinch of sea salt and continue to sauté for 1-2 minutes. Add the celery and continue to sauté until the vegetables are soft. Stir in the corn and fresh thyme leaves. Add the vegetable stock and bring to a boil, reduce heat, cover and then simmer for 25 minutes. Then by using a hand blender or regular blender, puree half of the chowder. After it is pureed, put back into the pot unless you blended it in the pot and add approximately  $\frac{1}{2}$  - 1 teaspoon of sea salt, depending on taste. Add the sweet potato or yam, cover and cook an additional 15 minutes or until the potatoes become soft.

Garnish your bowl of chowder with fresh cilantro and serve.