

Corn Chowder

Spicy, smoky, sweet and oh so creamy. This corn chowder will impress just about anyone.

Prep:
5 minutes

Cook:
25 minutes

Ready In:
30 minutes

Servings:
6



Ingredients

- 1/2 red bell pepper chopped
- 1/2 green bell pepper chopped
- 1 cup red lentils
- 1/2 onion chopped
- 4-5 cloves garlic minced
- 1 can full fat coconut milk
- 1 pound frozen corn
- 2 cups water
- 1 tbsp chili powder
- 1 tsp each paprika, garlic powder, cumin
- 1/4 cup hatch green chilis (optional)
- 1 tbsp better than boullion

Instructions

- 1 Saute your onion, garlic and bell peppers until fragrant in a little water.
- 2 Add in the rest of your ingredients and bring to a boil. Reduce heat to a simmer, cover and cook 25 minutes. You can also put this in the instant pot on manual, sealed for 25 minutes.
- 3 When the corn chowder is done, lightly blend with an immersion blender and serve over rice.