

Corn Chowder



- 2 sticks Food Club salted butter
- 1 small onion, small diced
- 2 small carrots, small diced
- 4 stalks celery, small diced
- 2 cloves fresh garlic, minced
- 1/2 cup Food Club all-purpose flour
- 3 cups Food Club yellow corn, frozen
- 3 cups Food Club chicken broth
- 2 cups half-and-half
- a pinch of nutmeg
- 1/2 teaspoon (or more) Cajun seasoning
- salt and freshly ground black pepper

Melt 1 stick of butter in a large saucepan over medium heat. Add the onion, carrot, celery and sauté for 2 minutes. Add the minced garlic and sauté for an additional 2 minutes. Add the flour and stir to make a roux. Cook this mixture until the roux is lightly browned; set aside to cool to room temperature. Meanwhile, combine the corn and chicken stock in another saucepan. Bring to a boil, then simmer for 10 minutes. Pour the boiling stock with the corn (a little at a time) into the saucepan with the roux, whisking briskly so it doesn't lump. Return the skillet to the heat and bring to a boil. The mixture should become very thick. In a small saucepan, gently heat the half-and-half; stir it into the thick corn mixture. Add the nutmeg and Cajun seasoning, as well as salt and pepper to taste. Just before serving, cut the remaining stick of butter into large chunks. Add it to enrich the soup, stirring until the butter melts.

Serve the corn chowder with sour cream, shredded cheddar cheese, and hot sauce. Shredded or diced cooked chicken can also be added to the chowder. Adjust the seasonings as needed.