



St. Charles Hospital
Catholic Health Services
At the heart of health

Spring Corn and Tomato Chowder

Ingredients:

- 2 TBSP- Olive Oil, pure
- 1 tsp- Garlic, fresh, minced
- 1 small- Onion, Spanish, diced
- 2 ribs- celery, diced
- 1/2- Green Pepper, diced
- 2 TBSP- White Balsamic Vinegar
- 1 cup- Corn Kernels, freshly shucked and roasted
- 2 cups- Tomatoes, fresh, diced
- 4 cups- Vegetable Stock
- 1/4 cup- Parsley, Fresh, chopped
- To Taste- Salt and Pepper

Method:

- Gently sauté garlic until lightly browned and fragrant.
- Add onions and continue cooking until translucent (2-3 minutes)
- Then add celery and peppers and cook until vegetables are tender (2-3 minutes)
- Add white balsamic and vegetable stock, then bring to a boil
- Reduce to a simmer and add tomatoes and corn
- Return to a simmer and let cook 5-10 minutes.
- Add parsley and adjust seasoning with salt and pepper
- Serve

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