

Chicken Corn Chowder

Serves: 6-8

Ingredients:

2 Chicken Breasts
1 large Onion
1 pound Carrots, chopped
1 pound Celery, chopped
1 Zucchini, chopped
2 cloves of Garlic
48 ounces Vegetable Stock
2 Bay Leaves
1/2 cup Cashew Milk
1 Tablespoon Worcestershire Sauce
1 teaspoon Hot Sauce
1/2 teaspoon Nutmeg
3 Yukon Gold Potatoes, diced
1 pound frozen Corn
Salt to taste
Pepper to taste
Chopped Green Onion (topping/optional)



A Pound of Cure
Dr. Matthew Weiner

Equipment Needed:

Large stock or pasta pot
Blender
Large bowl
Spoon

Directions:

1. Roughly chop onions, carrots, celery, and zucchini and throw them into a large stock or pasta pot along with chicken, garlic, bay leaves and vegetable stock. Slowly simmer all ingredients on low heat until the chicken is cooked through (approx. 30-45 minutes)
2. Remove the chicken from the pot and allow it to cool on a cutting board.
3. Turn the heat up to medium-high and boil the vegetable until tender.
4. Remove the bay leaves.
5. **WORKING IN STAGES:** Ladle the soup into a blender until the blender is about $\frac{3}{4}$ full. Cover the blender with the lid but remove the pour cap to allow steam to escape. Cover the pour cap hole with a dishtowel to avoid splatter and turn the blender on high. Blend thoroughly. Once the ingredients are smooth, pour the contents of the blender into a large bowl and repeat step #4 again and again until all of the soup has been blended.
6. Pour the soup from the bowl back into the stockpot. Dice the chicken and add it, and the remaining ingredients into the stockpot. Simmer on low (stirring occasionally) until the potatoes are fork tender. Serve and Enjoy!

NOTE: You can garnish this chowder with chopped green onions.