

January 23, 2015

Recipe: Southwest Vegetable Chowder

Spicy Vegetable Soup with Potato, Carrot, Celery, Red & Green Bell Peppers, Green Chile & Corn

Servings: 4

- 1 tablespoon oil
- 1 onion, large, diced
- 1/4 cup carrots, diced
- 1/4 cup red bell peppers, diced
- 1/4 cup green bell peppers, diced
- 1 potato, large, diced
- 3 tablespoons green chile, diced
- 1/4 cup celery, diced
- 1 tablespoon flour
- 3 1/4 cups chicken broth, hot
- 3/4 teaspoon mustard, dry
- 1/8 teaspoon marjoram
- 1 cup corn, canned
- 1/8 teaspoon white pepper
- 1/4 teaspoon Tabasco pepper sauce
- salt, to taste
- 1/2 cup salsa, (jar)
- 1/3 cup Cheddar cheese, shredded

Heat oil in a large pot over medium heat. Add onions, carrots, bell peppers, potatoes, diced green chiles, and celery and cook for 10 minutes. Sprinkle with flour and cook, stirring, for one more minute. Pour in hot chicken broth and cook until the mixture begins to boil. Lower heat; add dry mustard, marjoram, corn, white pepper, Tabasco, and salt to taste. Cook at a simmer until vegetables are tender.

Puree 1 cup of the mixture in the food processor, return puree to soup, and stir in salsa.

Serving Suggestions:
Parmesan Bread Strips

