

Roasted Corn, Pepper and Tomato Chowder

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: 6 servings

Ingredients:

3 red bell peppers, halved and seeded
3 ears of corn shucked
1.5 pounds of tomatoes, halved, seeded and peeled
2 tablespoons olive oil
4 cups chopped onion
32 ounces salt free vegetable broth
¼ teaspoon salt
¼ teaspoon ground pepper
¼ Cup crumbled feta cheese
2 tablespoons chopped chives

Method of Preparation:

1. Prepare grill to medium-high heat.
2. Arrange bell peppers, skin side down, and corn in a single layer on a grill rack; grill for 5 minutes, turning corn occasionally.
3. Add tomatoes; grill an additional 5 minutes or until vegetables are slightly charred. Remove from heat; cool 10 minutes. Coarsely chop tomatoes and bell peppers; place in a medium bowl.
4. Cut kernels from ears of corn; add to tomato mixture.
5. Heat oil in a large Dutch oven over medium heat. Add onion; cook for 7 minutes or until tender, stirring occasionally.
6. Stir in tomato mixture; cook 3 minutes, stirring occasionally. Increase heat to high, and stir in broth. Bring to a boil. Reduce heat, and simmer 30 minutes or until vegetables are tender. Cool for 20 minutes.
7. Place one-third of tomato mixture in a blender; process until smooth. Place pureed mixture in a large bowl. Repeat procedure twice with remaining tomato mixture. Wipe pan clean with paper towels. Press tomato mixture through a sieve into pan; discard solids. Place pan over medium heat; cook until thoroughly heated. Stir in salt and black pepper.



To assemble:

1. Ladle about 1 ½ cups soup into each of 6 bowls; top each serving with 2 teaspoons cheese and 1 teaspoon chives.

Nutritional Analysis:

Calories: 214

Carbohydrates: 37g

Sodium: 245mg

Protein: 9g

Fat: 4g

Fiber: 6g