

Summer Corn & Vegetable Chowder

Aleppo pepper is an incredible variety of chile prized for its powerful flavor. Named for the ancient city in Syria (once a stop on the Silk Road), in its dried, crushed form, Aleppo pepper is a popular ingredient in the cuisines of the Middle East and Mediterranean. There, it's prized for its moderate kick and vivid, subtly fruity taste. In this dish, we're using it to add complexity and heat to a lightly creamy chowder brimming with seasonal produce. And for extra summery flavor, we're boiling corn cobs together with the vegetables to enrich the broth.



Ingredients

- 1 Cup Low-Fat Milk
- 3 Cloves Garlic
- 3 Ounces Spinach
- 2 Ears Of Corn
- 2 Stalks Celery
- 1 Lemon
- 1 Red Onion
- ½ Pound Fingerling Potatoes
- ¼ Pound French Breakfast Radishes
- 1 Bunch Tarragon

Knick Knacks

- 2 Tablespoons Butter
- ½ Teaspoon Aleppo Pepper

Makes 2 Servings

About 505 Calories Per Serving

Prep Time: 15 min | Cook Time: 25 to 35 min



1



Prepare the ingredients:

Wash and dry the fresh produce. Peel and thinly slice the garlic. Roughly chop the spinach. Remove and discard the husks and silks of the corn. Cut the corn kernels off the cobs; reserve the cobs. Thinly slice the celery. Quarter and deseed the lemon. Peel, halve and thinly slice the onion. Slice the potatoes into ¼-inch-thick rounds. Trim off and discard the ends of the radishes; small dice the radishes. Pick the tarragon leaves off the stems; discard the stems and finely chop the leaves.

2



Start the soup:

In a large pot, heat 2 teaspoons of olive oil on medium-high until hot. Add the **garlic, onion, celery** and **potatoes**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until fragrant and the onion has softened slightly.

3



Add the corn & make the broth:

Add the **corn kernels, corn cobs, milk** and **1½ cups of water** to the pot; season with salt and pepper. Bring the mixture to a simmer, then reduce the heat to medium. Cook, stirring occasionally, 5 to 7 minutes, or until the broth is slightly reduced in volume and the potatoes are tender when pierced with a fork.

4



Add the radishes & remove the corn cobs:

Stir the **radishes** into the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the radishes have softened. Carefully remove and discard the corn cobs.

5



Finish the soup:

Stir the **tarragon, spinach, butter** and the **juice of all 4 lemon wedges** into the pot; season with salt and pepper. Cook, stirring occasionally, 2 to 4 minutes, or until the spinach has wilted. Season with salt and pepper to taste. Remove from heat.

6



Serve your dish:

Divide the **finished soup** between 2 bowls. Top with **as much of the Aleppo pepper as you'd like**, depending on how spicy you'd like the dish to be. Enjoy!