

Easy Corn Chowder

Ingredients:

- 1 cup lite coconut milk
- 4 cups frozen corn, defrosted
- 1/4 cup finely chopped fresh cilantro, plus 1 tablespoon reserved for garnish
- 1 medium yellow bell pepper, roughly chopped
- 1-2 tbsp. yellow onion
- 1-2 tbsp. fresh lime juice,
- 1 clove garlic (minced)
- ¼ tsp. cumin (optional)
- 1 tsp. sea salt or to taste
- 1 tbsp. red bell pepper for garnish

Instructions:

1. Add the coconut milk, 2 cups of the corn, the bell pepper, lime juice, cilantro, onion, garlic, optional cumin, and salt into a blender, and blend at high speed for a 1 minute or until smooth and creamy. You may want to add more or less lime juice, onion, and salt to your liking.
2. Stir in the remaining 2 cups of corn and pour it into a serving dish.
3. Garnished with the 1 tbsp. each of cilantro and red bell pepper.

Tip: Easy Corn Chowder is delicious on hot summer days, but can easily be enjoyed in the winter as well if heated up on the stovetop after blending.