



# ROASTED CORN CHOWDER

YIELDS 6 QUARTS

## Ingredients

- 1 ½ lbs baby potatoes, halved
- 6 ears sweet corn
- 2 lbs winter squash (about 8 cups), cut into large cubes (butternut, pumpkin, etc)
- 2 cups diced onion
- 2 tbsp chopped garlic
- 4 quarts water
- 2 tbsp avocado oil
- 1 tbsp kosher salt
- 1 tsp ground black pepper

## Directions

- Roast the sweet corn: Preheat oven to 400°F. Shuck the corn, removing as much of the silk as possible. Place the corn on a baking sheet and place in the oven. Roast the corn, turning frequently while cooking, until there are dark brown roasted spots on all sides. Cut the corn from the cob; set the kernels aside, save the cobs!
- Place reserved corn cobs and water in a large pot over high heat. Bring the water to a boil, then reduce the heat to medium low. Simmer, covered to prevent liquid from boiling away, for 45 minutes to 1 hour until broth is flavorful and aromatic. Use tongs to carefully remove and discard the corn cobs.
- Place butternut squash in the pot with the corn broth. On medium-high heat, return the pot to a simmer and cook uncovered until squash is very tender. Blend with an immersion blender until smooth with no chunks of squash remaining (if you don't have an immersion blender handy, you can use a blender or food processor to puree the squash, working in batches, then return the puree to the pan).
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- In a skillet over medium-high heat, add the 2 tbsp oil and heat until shimmering. Add the onion and garlic and saute until golden brown. Add the cooked onion and garlic mixture to the pot with the squash puree along with the potatoes and roasted corn. Add water as needed to thin out the soup base - the potatoes will re-thicken the soup as they cook! Bring everything to a simmer and cook, stirring frequently, until the potatoes are tender and the chowder has thickened. Season with salt and pepper.