

Idiot's Kitchen Recipe – Poblano Corn Chowder with Shrimp

Recipe from idiotskitchen.com – Adapted from Epicurious



Ingredients:

- 2 Tablespoons olive oil
- 1 medium onion, finely chopped
- 3 ribs celery, finely chopped
- 3-4 cloves garlic, finely chopped
- 1 red bell pepper, finely chopped
- 2 large Poblano peppers, seeded and finely chopped or processed
- 2 medium potatoes, cubed (If I use russet potatoes I peel them, otherwise any potato will do)
- 4 cups chicken broth (32 oz. box) low sodium preferred
- 1 pound (16 oz.) frozen corn kernels
- 1 (14 oz.) can creamed corn
- 1 cup whole milk
- 1 pound shrimp, peeled & deveined
- Dash smoked paprika
- Salt & Pepper
- Fresh cilantro or parsley, chopped for garnish

Heat 2 Tablespoons olive oil in a large soup pot over medium high heat. Add chopped onion and celery and sauté until tender but not browned, about 5 minutes.

Remove the seeds and inner membranes from 2 large Poblano peppers. Run the peppers in a food processor or finely chop.

Add chopped garlic, red bell pepper, finely chopped poblanos, and cubed potatoes to the pot. Pour in 4 cups of chicken broth. Add 1 can of creamed corn and 1 pound of frozen corn. Bring the soup to a boil, reduce the heat to low, cover, and simmer until the vegetables are tender, about 15 minutes.

For smoother chowder texture, puree the soup half way with an immersion blender still leaving it quite chunky.

If your shrimp are large, cut them into bite-sized pieces. Add the shrimp and 1 cup of whole milk to the pot and stir to combine. Return the soup to a boil if necessary, then reduce the heat to low, cover and simmer 5 minutes until the shrimp are cooked through.

Season to taste with salt, pepper, and a big dash of smoked paprika. Ladle into bowls and garnish with chopped cilantro or parsley.

Serves 6 and is excellent leftover.

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