



# TRIPLE C

(CREAMY, CHUNKY, AND COMFORTING) CORN CHOWDER

## MAKES 6 - 8 SERVINGS

### Ingredients:

- 5 cups of corn (one 32 oz bag of frozen corn)
- 1 large rutabaga cubed (approx. 5 cups)
- 5 medium carrots chopped (approx. 2 cups)
- 3 celery stalks chopped (approx. 2 cups)
- 2 medium onions chopped (approx. 2 cups)
- 1 red sweet pepper chopped (approx 1 cup)
- 6 cups of vegetable broth
- 2 Tbsp olive oil
- 2 Tbsp Fresco Spice Blends - Signature Blend seasoning (ingredients: red bell pepper, garlic, oregano, basil, parsley, paprika, red pepper flakes, and spices)
- 1 tsp salt
- 1/4 tsp coarse black pepper

### Directions:

Heat olive oil in skillet on medium (approx 60 seconds). Add 2 cups of corn, 1 cup of chopped carrots, 1 cup of chopped celery, 1 cup of chopped onion and sauté until carrots are tender (approx 5 minutes). Place sautéed vegetables in a blender or a food processor along with 3 cups of vegetable broth. Puree until mix is smooth and creamy. Place puree and the remaining ingredients and seasonings into an 8 quart pot, stir until evenly mixed, and bring to a boil. Reduce heat to low and let simmer covered until the rutabaga is tender (approximately 10 minutes). Remove from heat. Serve at desired temperature.