

Farmer's Market Chowder

(Alive magazine)

Serves 6

This one incorporates a great variety of veggies available in the summer. You can substitute sweet potato for other root vegetables, but the corn and leeks are essential. Serve it to those who still need proof that fresh organic veg tastes so much better ☺

4 large (or 5 small) ears corn, kernels removed and cobs reserved

2 ½ cups milk

2 cloves garlic, peeled and crushed plus 3 cloves garlic, minced

2 tbsp unsalted butter

3 tbsp olive oil, divided

3 cups sliced leeks (5 medium)

½ tsp smoked paprika

1/3 cup dry sherry (or sherry vinegar)

12 oz. Sweet potato, diced

½ lb green beans, cut into ½ inch pieces

2 tbsp cilantro, chopped

Combine corn kernels, milk, and crushed garlic in a medium to large saucepan. Run back of knife down cobs to release milk and pulp into saucepan, then add the cobs to the pan. Bring to a boil and then remove pan from heat. Let steep.

Heat butter and 1 tbsp oil in a Dutch oven over medium-low heat.

Add leeks, cover, and cook 15 minutes, stirring occasionally. Add minced garlic and paprika and cook for 30 seconds. Add 4 cups of water and remove pot from heat.

Heat 1 tbsp oil in skillet over medium-high heat. Add sweet potatoes, and sauté 10 minutes, or until browned; transfer to Dutch oven. Add remaining 1 tbsp oil to the same skillet, add green beans and sauté 3 minutes. Transfer beans to a plate.

Bring mixture in Dutch oven to a boil, reduce heat to medium-low and simmer 5 minutes. Add green beans and cook 5 minutes more.

Add milk mixture and 1 tbsp cilantro to chowder. Season with salt and pepper. Sprinkle with the remaining cilantro and serve with lime wedges.