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Corn Chowder with Wild Rice

From Country Living

This recipe has been tested by Country Living

There's no cream in this end-of-summer chowder, composed of corn, sweet potato, Vidalia onion, bacon, rosemary, and wild rice.

By Amy Thielen

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Yields: 8

Total Time: 1 hr 15 min

Prep Time: 20 min

John Kernick

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Nutritional Information

(per serving)

Calories	283
Total Fat	--
Saturated Fat	--
Cholesterol	25mg
Sodium	727mg
Total Carbohydrate	34g
Dietary Fiber	4g
Sugars	--
Protein	8g
Calcium	--

Ingredients

U.S. Metric Conversion chart

- 4 large ears fresh sweet corn, kernels removed (about 4 cups)
- Cobs, reserved and halved
- 6 ounce(s) (about 6 slices) thick-cut bacon, diced
- 1 sweet potato, peeled and diced (about 1 1/2 cups)
- 1 large Vidalia onion, diced (about 1 1/2 cups)
- 3 tablespoon(s) butter
- 1 1/2 teaspoon(s) salt,
- 4 clove(s) garlic, minced
- 2 teaspoon(s) minced fresh rosemary
- 1/4 teaspoon(s) freshly ground pepper
- 3 cup(s) cooked wild rice

Directions

- In a stockpot over medium heat, combine cobs and 7 cups water, and simmer for 30 minutes. Remove cobs with tongs and discard; reserve stock.
- In a stockpot over medium heat, cook bacon, stirring often, until cooked through but not crisp. Transfer to a paper-towel-lined plate. Add sweet potato, onion, and butter to pot. Season with 1/2 teaspoon salt and cook until potato and onion soften, about 15 minutes. Add garlic and rosemary, and cook for 1 minute. Add corn kernels, 5 cups of reserved corn stock, pepper, and remaining salt, and bring to a simmer.
- Transfer half of soup to a blender and puree until smooth. Using a fine-mesh sieve, transfer pureed soup back into stockpot. Stir wild rice and reserved bacon into soup. Serve immediately.

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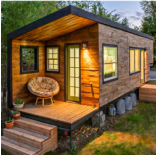
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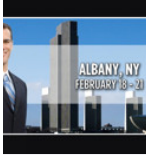
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