



# Chilled Corn Chowder

**PREP TIME: 10 MINUTES | CHILL TIME: 6 HOURS | SERVES: 4-6**

This creative no-cook soup is a delicious cross between gazpacho and chowder. The white beans stand in for potatoes, adding protein and the creamy consistency. Delicious chilled or warmed.

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## Ingredients

- 2 cans (14.5 oz. each) diced tomatoes, not drained
- 1 can (15 oz.) white beans, rinsed and drained
- 2 stalks celery, sliced into 1/2-inch pieces (about 1 cup)
- 1/2 cup water
- 1/3 cup diced red onion
- 1/4 cup olive oil
- 1 Tbsp. white wine vinegar or fresh lemon juice
- 2 cloves garlic
- 1 tsp. salt
- 1/2 tsp. chili powder
- 2 cans (11 oz. each) Mexican-style corn, not drained
- Topping options: bacon, avocado, parsley

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## Instructions

1. Combine in a blender the tomatoes, beans, celery, water, onion, olive oil, vinegar, garlic, salt and chili powder. Puree about 1 minute until very smooth. Stir in 1 can of corn.
2. Pour into a large bowl or 2 qt. storage container; cover and chill 6 hours or overnight for flavors to meld. To serve, top with corn from second can and bacon, avocado and parsley, as desired.

**TIP:** To serve warm, pour soup that has chilled 6 hours or overnight into a large saucepan. Heat over medium-high until desired temperature, stirring often. Serve with toppings, as recipe directs.