



Thai Corn Chowder



INGREDIENTS

- 1 (13.66-oz.) can unsweetened coconut cream, divided
- 2 tbsp unseasoned rice vinegar, divided
- 3 (11-oz.) cans Hy-Vee Mexican style corn, drained; divided
- ½ cup chopped red onion
- 1 (4-oz.) jar green curry paste
- 2 tbsp refrigerated lemongrass paste
- 2 tbsp fresh lime juice
- 1 tbsp sambal oelek chili paste
- 1 (32-oz.) container low sodium vegetable broth
- 2 (14.11-oz.) cans whole baby corn, drained, cut into ½-in. pieces
- Sliced green onions, for garnish
- Lime wedges, for serving

PREPARATION

- 1** Cook ½ cup coconut cream and 1 Tbsp. rice vinegar in a 5- to 6-qt. Dutch oven over medium heat until heated. Add 1½ cans drained Mexican-style corn and red onion; cook for 2 to 3 minutes or until onion is softened.
- 2** Add curry paste, lemongrass paste, lime juice, chili paste and remaining 1 Tbsp. vinegar; cook for 3 to 4 minutes or until fragrant, stirring frequently. Stir in vegetable broth.
- 3** Blend soup mixture with an immersion blender until completely smooth. Stir in baby corn and remaining 1½ cans Mexican-style corn and coconut cream. Cook, uncovered, for 45 to 60 minutes or until soup is thickened, stirring occasionally.
- 4** To serve, ladle soup into serving bowls. Garnish with green onions and serve with lime wedges, if desired.

NUTRITION FACTS

Calories: 250
Total Fat: 12g
Saturated Fat: 10g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 1040mg
Carbohydrates: 33g
Fiber: 5g
Sugar: 12g
Protein: 4g