

Garden Corn Chowder With Basil & Chives

Yield: 6 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-spiced-corn-chowder-recipe>

Ingredients:

- 1 tablespoon coconut oil
- 1 onion medium, diced
- 3 cloves garlic minced
- 1/4 teaspoon crushed red pepper flakes
- 4 cups corn fresh, from 5 to 6 ears
- 1/2 pound carrots peeled and cut into 1/2 inch chunks
- 1 pound potato thin skinned, like yukon gold, cut into 1/2 inch chunks
- 4 cups vegetable broth divided
- 1 tablespoon starch corn, or arrowroot
- 3/4 cup coconut milk regular or lite
- 2 tablespoons fresh lime juice
- salt to taste
- black pepper Fresh, to taste
- chopped fresh chives 1/2 cup should do it
- fresh basil Thinly sliced, 1/2 cup or so
- radish Thinly sliced
- 3 extra fresh corn kernels

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 44 grams
3. Fat: 11 grams
4. Fiber: 7 grams
5. Protein: 6 grams
6. SaturatedFat: 8 grams
7. Sodium: 810 milligrams
8. Sugar: 9 grams

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