

Cajun Corn Chowder



This is healthy, satisfying and full of fresh ingredients

Serves 12

6oz andouille sausage, cut into 1/4" cubes	1/2c celery, finely chopped	6c chicken broth	1/8t cayenne pepper
1/4c olive oil, divided use	4 garlic cloves, minced	2c potatoes, peeled, diced	1 pound baby shrimp, cooked
1c onion, finely chopped	1 red bell pepper, diced	1T Debbie's SW Spice, or your favorite Cajun spice	1/4c cream
3/4c carrot, finely chopped	4c fresh corn kernels	1t salt	2T chives, chopped
	1/4c flour		

Place a large soup pot or Dutch oven over medium heat and add the andouille and half of the olive oil. Cook, stirring, until the andouille is browned and has rendered its fat, about 5 minutes. Add the onions, carrots, and celery and cook, stirring often, until vegetables are soft, about 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Add the remaining olive oil, bell peppers and corn to the pot and cook for 10 minutes, stirring often.

Sprinkle the flour over the vegetables in the pot and cook, stirring constantly, for 2 minutes. Add the chicken stock to the pot and stir to combine. Add the potatoes, Cajun Spice, salt and cayenne to the pot and bring to a boil, then reduce to a simmer and continue to cook for 20 minutes, or until potatoes are very tender.

Add the shrimp and heavy cream. Stir to combine, and cook for 5~10 minutes, just until shrimp are heated through. Stir in the chives, taste, and adjust the seasoning, if necessary. Serve in soup bowls.

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