

Butternut Squash & Corn Chowder



Ingredients

- 2 Tbsp. Olive Oil
- 1 large onion, chopped
- 2 celery stalks, chopped
- 2 large cloves of garlic, minced
- 2 tablespoons all-purpose flour
- 1 cup stock (chicken or vegetable)
- 1/2 cup white wine (or additional cup of stock)
- 6 cups *mashed cooked butternut squash*
- 2 cups *corn kernels (fresh or frozen)*
- 2 cups 1% milk
- 1 *chipotle chili in adobo sauce, minced*
- 1 tablespoon *parsley*
- 1-1/2 teaspoons *salt*
- 1/2 teaspoon *pepper*
- *Sour cream, garnish*

Method:

- Add olive oil to large sauce pan and saute onion and celery until tender, add garlic in the last minute.
- Next, stir in flour until blended. Gradually stir in the wine.
- Next stir in the stock.
- Bring to a boil; cook and stir for 2 minutes or until slightly thickened.
- Reduce heat to medium. Stir in the squash, corn, milk, chipotle chili, parsley, salt and pepper.
- Cook and stir until heated through.
- Garnish with sour cream