

Sweet Potato, Corn & Kale Chowder

From: The Whole Foods Market Cookbook

1 Tbsp Canola oil

2 med Carrots, chopped

1 med Red onion, chopped

1 stalk Celery, chopped

1 large Red pepper, seeded and chopped

1 large Sweet potato, peeled and chopped

1 sprig Fresh thyme, minced

¾ tsp Turmeric

1 med Tomato, chopped

5 cups Cold water or vegetable stock

1 cup Fresh or frozen corn kernels

3 cups Chopped kale, remove heavy stems

Salt & fresh ground white pepper to taste

Cayenne pepper to taste

1 Tbsp Cornstarch

½ cup Parsley, chopped

1. In a large pot, heat the oil over medium high heat. Sauté the carrots, onion, celery, pepper & sweet potato for 3 minutes.
2. Add the thyme and turmeric; combine well with the vegetables.
3. Add the tomato and cold water letting it simmer for 20 minutes.
4. Add the corn, kale, salt and white pepper, simmer for 5 minutes
5. Season with cayenne pepper
6. Combine cornstarch with 2 teaspoons of cold water. With the soup simmering stir in mixture. Simmer for 3 minutes.
7. Remove from heat and stir in parsley