

## 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

**\* This recipe is included in Jen Fournier's presentation materials for her [nursing CE program](#), "Creating Meals for Lasting Satisfaction and Energy."**