Southwestern Corn Chowder

Makes 4 servings

From Simply in Season by Mary Beth Lind and Cathleen Hockman-Wert

½ c. sweet onion

* Sauté in 1 tbsp. olive oil in a soup pot until soft.

2 ½ c. corn, cut off the cob

3 c. chicken or vegetable broth

* add and cook 10 minutes. Remove 1 c. of solids with about 1/3 c broth and place in blender or food processor; blend until smooth. Return this puree to the soup pot and heat until nearly boiling.

1 medium red sweet pepper, chopped

1 small tomato, peeled and chopped

* stir in and heat another minute

½ fresh lime

3 tbsp. fresh cilantro (finely chopped)

* Squeeze lime into soup and top with cilantro immediately before serving. Garnish individual soup bowls with Tabasco pepper sauce, lime wedges, and/or a dollop of plain yogurt or sour cream.

Variations:

1. for a heartier soup add cooked black beans, lima beans, and/or chunks of cooked chicken or turkey.
2. Using grilled corn, cut off the cob, add a delicious smoky flavor