



# Red Lentil Corn Chowder

Servings **8**

Prep **15 min**

Cook **30 min**

## Ingredients

- |                                      |   |
|--------------------------------------|---|
| <b>2 Tbsp.</b> Oil                   | <b>8 cups</b> Vegetable Broth                   |
| <b>2 small</b> Onion (diced)         | <b>½ tsp.</b> Chili Flakes (optional)           |
| <b>4 cloves</b> Garlic (minced)      | <b>2 Tbsp.</b> Old Bay                          |
| <b>6 stalks</b> Celery (diced)       | <b>1 cup</b> Red Lentils                        |
| <b>6 small</b> Carrots (diced)       | <b>½ tsp. of each or to taste</b> Salt & Pepper |
| <b>4</b> Yukon Gold (diced)          | <b>½ cup</b> Cilantro (chopped, for garnish)    |
| <b>4 cups</b> Corn (fresh or frozen) | Tomato (diced, for garnish)                     |
| <b>2 14 oz. cans</b> Coconut Milk    | Lime Juice (for serving)                        |

## Directions

- 1** Sauté onion, garlic, celery, carrots, and potatoes in a large stock pot with oil until just beginning to get tender (about 4 minutes). Add in salt and pepper to taste, chili flakes, and the old bay seasoning. Stir to combine.
- 2** Add in your vegetable broth and coconut milk. Bring to a boil and add the red lentils and corn. Reduce soup to a simmer. Cook about 20 minutes or until the lentils and vegetables are tender.
- 3** Remove half the soup and place in a blender to liquefy until smooth. Add back into the soup. Serve with cilantro, lime, and diced tomatoes.