

Mexican Inspired Corn Chowder

Category

Main Course, Soup

Servings

6

Prep Time

15 minutes

Cook Time

20 minutes

It's like taco night in a bowl! This flavorful, filling and straightforward recipe is sure to be a winner with the entire family!

Recipe courtesy of [zimmysnook](#)

Ingredients

- 6 boneless/skinless chicken thighs (approximately 18 oz/510g)
- Chicken seasoning - mix together 1 tsp each: chili powder, paprika, granulated onion, granulated garlic, salt, pepper
- 5 tbsp olive oil (75 ml)
- 1 medium yellow onion, chopped (1 1/2 cups)
- 1 large red bell pepper, chopped (1 1/2 cups)
- 4 cloves garlic, minced
- 5 tbsp all-purpose flour
- 3 cups whole milk (710 ml)
- 3 cups chicken broth, no salt added (710 ml)
- 1 can diced tomatoes (13 1/2oz)
- 3 cobs of corn, cooked, kernels removed (approximately 3 cups) Note: if it's not fresh corn season, substitute 3 cups of frozen corn.
- 3 jalapeños, seeded and membraned removed, finely diced
- 1 1/2 tsp ground cumin
- 1 1/2 tsp ancho chili powder
- Salt and freshly ground black pepper

- 1 can black beans, drained and rinsed (13 1/2 oz)
- 1 1/2 cups shredded cheddar
- 1/3 cup cilantro, chopped
- **FOR SERVING:**
- 1 avocado, diced
- Shredded cheese
- Chopped cilantro
- Sliced jalapeños
- Lime wedges
- Hot sauce
- Tortilla chips
- **PRODUCTS TO USE:**
- CopperBond Induction Copper 4 Qt Saucepan

Directions

1. Season the chicken with the seasoning mix and set aside.
2. Heat the oil in a large pot over medium heat.
3. Add onions, bell pepper and sauté until softened, about 8 minutes. Add garlic, sauté 1 minute longer. Add in flour, sauté 1 minute more.
4. While whisking, pour in milk and chicken broth. Stir in tomatoes, corn, jalapeños, cumin, chili powder and season with salt and pepper.
5. Bring mixture to a light boil stirring frequently. Reduce heat to low and simmer for 20-25 minutes.
6. While the soup simmers, preheat the grill (or griddle pan) on medium high heat.
7. Place the chicken thighs on the grill (pan) and cook for 4 minutes. Flip and cook for 4 minutes more. Remove the chicken to a plate cover tightly with foil and let rest for 10 minutes.
8. Next, cut chicken into bite sized cubes.
9. Once the soup has simmered, stir in black beans and warm through. Stir in chicken and resting juices and cook for 1-2 minutes. Remove from heat, then stir in the cheese and cilantro.

10. Serve warm with avocado, more cheese, cilantro, jalapeño slices, lime wedges, hot sauce and tortilla chips.