

# Quick Cooker Corn Chowder

Pampered Chef  
Independent Consultant

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## Method

-Cut the onion into chunks and place them into the Manual Food Processor; process until coarsely chopped; set aside. Cut the top off the bell peppers and remove the seeds and veins with the Scoop Loop®. Cut the peppers into quarters. Place the peppers into the processor and process until coarsely chopped.

-Slice the potatoes with the Simple Slicer on the No. 2 setting, then quarter the potato slices.

-Set the Quick Cooker to SEAR and press START. Heat the oil in the inner pot for 3 minutes. Add the onion, bell pepper, garlic pressed with the Garlic Press, rub, and salt. Cook uncovered for 4–5 minutes, stirring occasionally.

\* Press CANCEL.

-Add 2 cups (500 mL) of the almond milk, corn, and potatoes to the inner pot. Lock the lid and select the SOUP/STOCK setting. Adjust the time to 8 minutes and press START.

-When the timer is up, press CANCEL. Press the steam-release button to manually release the pressure.

-Remove the lid, set to SEAR, and press START. Add 1¼ cups (425 mL) of the almond milk to the pot and bring to a boil. Dissolve the cornstarch in the remaining almond milk and stir the mixture into the soup. Stir constantly for 5–6 minutes, or until the soup is thickened. Press CANCEL.

-Thinly slice the green onions and garnish before serving.

## Yield:

6 servings

## Nutrients per serving:

U.S. nutrients per serving: Calories 150, Total Fat 4.5 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 760 mg, Carbohydrate 27 g, Fiber 3 g, Sugars 4 g, Protein 4 g

## Cook's Tips:

Smoky Barbecue Rub gives this soup a deep, smoky flavor, so it's rich and savory without any meat or dairy.

\*Safety Tip: The stainless steel inner pot will be hot during and after cooking. Use a long-handled utensil when stirring and removing food.

## Ingredients

- 1 medium onion
- 1 red bell pepper
- 1 green bell pepper
- 3 small red potatoes (10 oz./300 g)
- 1 tbsp (15 mL) olive oil
- 3 garlic cloves
- 2 tsp (10 mL) Smoky Barbecue Rub
- 1½ tsp (7 mL) salt
- 4 cups (1 L) unsweetened almond milk, divided
- 3 cups (750 mL) fresh or frozen corn kernels
- 2 tbsp (30 mL) cornstarch
- 2 green onions



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