



## Sweet Potato, Corn & Kale Chowder

Serves 6-8

1 Tbls. canola or olive oil  
2 medium carrots, chopped  
1 medium 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 (or 1/2 tsp. dried)  
3/4 tsp. turmeric  
1 medium tomato, chopped  
5 cups cold water, chicken or vegetable stock  
1 cup frozen corn kernels  
4 cups chopped kale leaves, remove heavy stems  
1 Tbls. corn starch  
1/2 cup chopped fresh parsley  
Cayenne pepper to taste  
Salt and pepper to taste

- In a large pot, heat the oil over medium high heat. Sauté the carrots, onion, celery, pepper & sweet potato for 3 minutes.
- Add the thyme and turmeric; combine well with the vegetables.
- Add the tomato and cold water or stock. Let it simmer for 20 minutes.
- Add the corn, kale, salt and white pepper, simmer for 5 minutes.
- Season with cayenne pepper.
- Combine cornstarch with 2 tsp. cold water. Mix into soup well. Simmer for 3 minutes.
- Remove from heat and stir in parsley.

Recipe adapted from *The Whole Foods Market Cookbook*

Nutritional Information (1 cup serving):

Calories: 70                      Carbohydrate: 13g  
Total fat: 2g                      Protein: 2g  
Saturated fat: 0g