Grilled Corn Chowder

Recipe adapted from The Endless Meal

Total Cook Time: 40 minutes | Servings: 8

INGREDIENTS:
- 2 teaspoons high heat cooking oil (ex: avocado, canola, grapeseed)
- 4 cobs corn, husk removed
- 1 tablespoon olive oil
- 1 medium onion, minced
- 2 cloves garlic, minced
- 1 medium red bell pepper, diced small
- 2 tablespoons all-purpose flour (gluten-free, if needed)
- 6 cups chicken or vegetable stock
- 4 cups diced potatoes (skin on)
- 1 tablespoon fresh thyme leaves, plus extra for serving
- 1 tablespoon Worcestershire sauce
- 1 teaspoon each: sea salt and black pepper, plus more to taste

EQUIPMENT:
- Knife
- Cutting board
- Grill or grill pan
- Medium soup pot
- Spatula

INSTRUCTIONS:
1. Preheat your grill to medium-high. Rub the high heat oil over the corn cobs then grill for 10 minutes, turning every few minutes until the corn is cooked through and charred in spots.
2. In a medium-sized soup pot, heat olive oil over medium heat.
3. Add the onion, garlic, and bell pepper to the pot and cook for 3-4 minutes, until the onion is soft and translucent.
4. Sprinkle the flour over the veggies, stir, and let it cook for 1 minute. Add the stock and potatoes to the pot and stir.
5. Hold a corn cob upright in a shallow bowl and cut off the kernels. Put the cobs into the soup pot and reserve the kernels. Bring soup to a boil, reduce heat and simmer, covered, for 10 minutes, or until the potatoes are soft. Remove the corn cobs from the pot.
6. Add the grilled corn, thyme, Worcestershire, salt, and pepper to the pot and stir. Taste and season with extra salt and pepper, if needed.