

Find this recipe at: <https://greenvalleylactosefree.com/in-the-kitchen/recipes/roasted-sweet-corn-chowder>

# Roasted Sweet Corn Chowder

Prep time: 1 hr 15 mins

Servings: 8

For a bowl of creamy comfort, try this easy to make roasted corn chowder. Traditionally made with heavy cream, we swapped in our sour cream for a rich and hearty lactose-free version. Roasted corn effortlessly upgrades this classic soup and pairs deliciously with the potatoes and fresh herbs.

Green Valley Creamery

## Ingredients

2 Tbsp. Green Valley Creamery Lactose-Free Butter

2 Tbsp. extra-virgin olive oil

1 onion, diced

4 garlic cloves, minced

6 sprigs fresh thyme, chopped

1/4 cup all-purpose flour

6 cups vegetable stock

1 1/2 cups Green Valley Creamery Lactose-Free Sour Cream

2 russet potatoes, peeled and diced

6 ears corn (or about 4 1/2 cups of frozen corn)

Salt and freshly ground black pepper to taste

1/4 cup fresh parsley leaves, chopped

## Instructions

1. Preheat oven to 350°. Place corn (leaving the husks on) directly on the oven rack and roast for 30 minutes or until corn is soft. If using frozen corn, refresh the corn under cold running water and drain thoroughly. Place the frozen corn on a pan, drizzle with a bit of olive oil, and roast for 10-15 minutes until golden brown. Set aside.
2. Heat the butter and 1 tablespoon olive oil in a large pot over medium heat.

Add the onion, garlic, and thyme and cook until the onions and garlic are soft and lightly browned, about 5 to 7 minutes. Dust them with the flour and stir to coat well.

3. Pour in the vegetable stock and bring to a boil. Add the sour cream and the potatoes and return to a boil. Boil hard for about 7 to 10 minutes, until the potatoes break down a bit (this will help to thicken the soup and give it a good texture).
4. Cut the corn kernels off the cob and add to the soup (save some kernels for garnish). Season with salt and pepper and simmer to blend all the flavors together, about 10 minutes. Stir in the parsley and add a tablespoon of olive oil. Ladle the soup into bowls, top with a few kernels of roasted corn, and serve.▫

Adapted from [Food Network's Corn Chowder Recipe](#).