

Lunch | Dinner

# Curry Corn Chowder

**10 Mins**  
Prep Time

**20 Mins**  
Cook Time

**6**  
Servings

 **298** Calories **16g** Fat **34g** Carbs **4g** Protein

## Ingredients

 **6 Servings**  **30 Mins Total Time**  **Allergens: None**

**1 ½ Cups** Sweet Potato   
peeled, sliced, and chopped into ½ inch pieces

**1 Tbsp** Coconut Oil

**1** Large Yellow Onion, chopped 

**4 Cups** Corn, frozen

**1 Tsp** Curry Powder

**1 Tsp** Grated Ginger 

**½ Tsp** Turmeric 

**1 (14 oz)** Can Coconut Milk

**2 Cups** Low-Sodium Vegetable Broth

Salt\* and Pepper, to taste  
*\*Monitor salt intake per doctor's recommendations*

Toppings: Cilantro, Lime, Scallions



### Nourishment Note



#### Sweet Potato

Sweet potatoes are high in fiber and may help improve gut health and reduce the risk of heart disease. They're also a great source of potassium, which is important for blood pressure control.



#### Onion

Onions are rich in prebiotics to help feed healthy gut bacteria our body needs to perform its best. Onions may also help reduce the risk of certain cancers, such as colon cancer.



#### Ginger

Ginger is a powerful antioxidant, has been shown to reduce nausea, and may help relieve muscle pain and soreness.



#### Turmeric

Turmeric is a powerhouse spice with high levels of antioxidants to protect cells from damage and help reduce inflammation within the body.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Boil Sweet Potatoes

In a large pot, boil sweet potatoes until tender but still slightly firm.

### 3. Sauté Onions, Corn, & Spices

Heat oil in a large pot over medium-high heat. Add the chopped onions and sauté until very light brown in color, about 7-8 minutes. Add the corn and spices and continue cooking for 5 minutes.

### 4. Add Remaining Ingredients

Add the coconut milk, vegetable broth, and sweet potatoes. Bring to a boil. Reduce heat and simmer for 5-10 minutes.

### 5. Puree Half of Soup

Ladle half the soup into a blender and puree until smooth. Stir back into the unblended portion of the soup. (Mixture can also be blended in the pot using an immersion blender.)

### 6. Season & Serve

Season to taste with salt and pepper. Serve with suggested toppings.

### 7. Wash Hands

Wash hands with soap and water.

Recipe adapted from [rachaelhartleynutrition.com](https://www.rachaelhartleynutrition.com)

## What You'll Need



Cutting Board



Knife



Large Pot



Medium Pot



Spoon



Measuring Spoons



Measuring Cup



Can Opener



Blender or Immersion Blender

### Fatigue Buster

- Look for pre-cut sweet potatoes instead of peeling and chopping; sweet potatoes can be peeled and chopped up to 5 days in advance.
- Try using pre-diced onion from the deli-section of your local grocery.
- When your energy levels are high, try making a double batch and freezing for days when energy may be low. Soup will keep for up to 3 months in the freezer.