# Roasted Poblano Sweet Corn Chowder Recipe



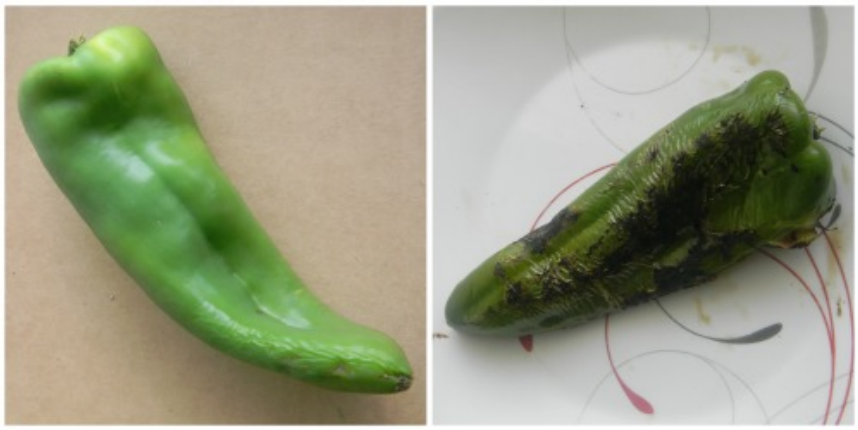

Roasted poblano sweet corn chowder recipe is a rich, creamy delicious sweet – hot soup made with poblano chile, sweet corn, onion, garlic and cheese. Poblano is a mild chili pepper popular in Mexico. When dried it is called ancho chile. I came

to know about this poblano corn chowder after I tasted in Frontera fiesta Rick Bayless restaurant in Chicago airport. It was so creamy and yummy in taste, they served hot. It was very comforting, with the addition of milk and cheese, the soup was so flavorful and great. Try this chowder, you will love it 

Check my other soup recipes in my blog.

1. Parsley Soup
2. Black Bean Soup
3. Carrot potato Soup
4. Cream of Mushroom Soup
5. Kollu Soup ( Horse Gram Soup)
6. Knol Kohl Avarampoo Soup for diabetes
7. Murugaikeerai Soup

## How to make Roasted Poblano Sweet Corn Chowder Recipe



Roasted Poblano Sweet Corn Chowder Recipe



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Prep time
15 mins
Cook time
25 mins
Total time
40 mins

Roasted poblano sweet corn chowder recipe is a rich, creamy delicious sweet – hot soup it tasted just like frontera fiesta Rick Bayless restaurant soup. Serve with tortilla chips.
Author: Gayathri Ramanan
Recipe type: soup
Cuisine: American
Serves: 2
Ingredients

- 1 Large Poblano
- 1 White Onion, Chopped
- 2 Garlic Cloves
- 1 Bay Leaf
- ½ Cup of Corn (Frozen)
- 1 Green Chilly, Chopped (optional)
- ½ Cup of Milk
- ¼ Tsp of Roasted Cumin Powder
- Salt and Pepper to taste
- ¼ Cup of Cheddar Cheese,Shredded
- Cilantro to garnish
- 2 Tsp of Butter / Olive Oil
- Tortilla Chips to serve

Instructions

1. Roast the poblano chilly over fire. Just make sure they are blackened all over. The best way to peel the skin is to pull off the charred skin. Chop the poblano into fine pieces.
2. Heat the pan with oil / butter, add bay leaf, onion, garlic and green chilly, fry them until it turns golden brown.
3. Add corn, cook for few mins until it get cooked. Add chopped poblano, cumin powder, salt and pepper, fry well for few mins.
4. Add milk and water, cook in a low flame for 10-15 mins until it turns thick. check the salt and transfer this soup to a serving bowl. Remove the bay leaf after cooking.
5. Garnish it with cheddar cheese and cilantro. Serve it with tortilla chips.

Notes
Add any additional vegetables of your choice like potato or mushroom or celery.
Add cream in place of milk for rice taste.
Adding milk and cheese gives yummy taste.
Use vegetable stock or chicken stock to make it more healthy soup.
For a thicker base of soup, blend everything well in a blender and serve.




Tags: Roasted Poblano Sweet Corn Chowder Recipe, pobalno chowder recipe, sweet corn chowder recipe, rick bayless poblano chowder recipe, frontera  fiesta corn poblano chowder recipe, soup recipe ideas.

# Kollu Soup Recipe / Horsegram Soup




Kollu soup or Horsegram soup is my favourite soup. Kollu / Horsegram is a legume, is widely consumed in South India especially in Coimbatore and Erode district. It is very high in protein, calcium and iron. Kollu is very good for health and t has lot of benefits like lowers cholesterol, treats skin rashes, reduces flatulence, cures ulcer and fever. You can

make lot of recipes using kollu like kollu paruppu, kollu rasam, kollu thogayal, kollu dosa etc. Kollu soup is very easy to make,delicious, flavorful, hearty and wholesome and works good for weight loss. If you want to reduce weight, take this kollu soup twice or thrice a week, you will feel it fresh and energetic, because you are eating horsefood so gives you more horsepower. Negative side of kollu generates lots of heat to your body results in sores inside mouth so balance it by consuming buttermilk. I am in US, weather is very cold so I made this soup and try this kollu soup recipe in your home and enjoy.

# How to make kollu soup recipe at home

## Ingredients For Kollu Soup Recipe

**Preparation Time : 4 hrs  Cooking Time : 30 mins  Serves : 4**

- 1/2 Cup of Kollu
- 10-12 Small Onions
- 7 Garlic Cloves, Big
- 2 Medium Size Tomato
- 1 Tsp of Cumin
- 1 Tsp of Pepper
- 1/4 Tsp of Turmeric Powder
- 1 Tsp of Oil
- Pinch of Asafoetida
- Salt To Taste
- 3 Cups of Water

## Method For Kollu Soup Recipe

- Heat a pan, dry roast the kollu until nice aroma comes. Transfer it to a bowl, add enough water and soak it for 4 hrs or overnight.
- Take a pressure cooker, add roasted kollu and add all the other ingredients listed under the ingredient list. Pressure cook it for 10 whistles. Open the lid after the pressure release on its own. Let it cool it for sometime.
- Grind all the ingredients until it turns smooth. Again transfer it to a pan, add 1 cup of water, bring it to a boil and turn it off. Filter it and serve warm.
- Hot and pipping kollu soup is ready to serve.

## Tips

- You can also make soup without roasting kollu.
- Adjust the amount of pepper and salt according to your taste.

Tags : kollu soup, kollu soup recipe, how to make kollu soup at home, prepare kollu soup, south indian kollu recipe, kollu recipe, soup recipe, coimbatore style kollu recipe

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# Knol Kohl Avarampoo Soup Recipe / Diabetes Control Soup




Going beyond blood sugar ? Looking for a soup to control diabetes ??? Here is the diabetic friendly soup – Knol Khol Avarampoo soup recipe. Kohl rabi soup is an awesome soup packed with full of nutrients and fresh flavors. I used two main ingredients. One is Knol kohl is also called kohl rabi / German cabbage. Appearance is almost look like a cross between cabbage and turnip. I usually make kootu, stir fry and sambar with knol kohl. Knol kohl is rich in vitamin A, B, C and dietary fiber. It has anti-cancer and anti-diabetic

properties.

The second one is avarampoo also called Cassia auriculata in English, Tangedu in Telugu and Taravar in Hindi.. This flowers are yellow in colour and is widely grown in remote areas. If you cannot find in your place, you can find dried form of avarampoo in ayurvedic medicinal shops (Nattu Marundhu kattai). You can make lot of recipes with avarampoo like kootu, tea, stir fry and soup. Avarampoo has lot of health benefits like it treats skin problems, cure body odour and it controls blood sugar (Diabetes). Both knol kohl and avarampoo are good for circulatory system.

To make knol kohl diabetic friendly soup, you need knol kohl, avarampoo, onion, garlic, tomatoes and spices. Spices added a nice flavor to soup.

Try to include this ayurvedic soup – knolkohl avarampoo soup once a week and it helps to reduce the blood sugar level.

# Ingredients for Knol Kohl Avarampoo Soup Recipe

- 3 Knol Kohl, roughly Chopped
- Handful of Small Onion (10 nos)
- Handful of Avarampoo (Fresh or Dried)
- 7 Garlic Cloves
- 1 inch of Ginger
- 1 Tomato ( Medium Sized)
- 1 Tsp of Cumin
- 1 Tsp of Black Pepper
- Salt to Taste
- 5 Cups of Water

# Method for Knol Kohl Avarampoo Soup Recipe

- Clean and wash the Knol kohl and Avarampoo.
- In a blender, add all the ingredients, grind it to a smooth paste with 1 cup of water.
- Heat a pan, add the remaining water, add ground mixture, let it comes to a rolling boil and then reduce the flame and wait till it reduces to 3 cups of soup.
- Adjust the salt and pepper and turn off the flame.
- Hot, yummy Knol kohl soup is ready to serve.

## Tips

- If you don’t get Knol Knol, replace it with turnip.
- Don’t omit small onion and garlic, they add a nice taste and medicinal value.
- You can find dried form of avarampoo  in nattu marundhu kadai or else you can find lot of these flowers in remote villages.




Tags: knol kohl soup, knol kohl avarampoo soup recipe, avarampoo soup recipe, diabetic friendly soup recipe, siddha treatment to control diabetes, Indian style medicine to control diabetes, soup recipe, health benefits of kohl rabi, health benefits of avarampoo, cassia soup, kohl rabi soup, how to make knol kohl soup recipe.