
SMOKY CORN CHOWDER

4 ounces	Sliced bacon, cut into 1/2-inch pieces
1 large	Sweet onion, chopped
2 cloves	Garlic, finely chopped
1/2 teaspoon	Smoked paprika
1/4 teaspoon	Crushed red pepper
2 10-ounce packages	Frozen corn
3 cups	Low-sodium chicken or vegetable broth
1 cup	Fat free half-and-half
4	Scallions, thinly sliced on the diagonal
Kosher salt and black pepper	

- Cook the bacon in a large saucepan or Dutch oven over medium heat until crisp, 5 to 6 minutes. Transfer to a paper towel-lined plate.
- Spoon off and discard all but 2 tablespoons of the drippings. Return the pan to medium heat. Add the onion and cook, stirring occasionally, until soft, 5 to 7 minutes.
- Add the garlic, paprika, and red pepper and cook, stirring, for 2 minutes.
- Stir in the corn, broth, and half-and-half and bring to a boil. Reduce heat and simmer for 15 minutes.
- Transfer half the soup to a blender and puree until smooth.*
- Return to the pot and stir in ½ teaspoon each salt and pepper.
- Divide the soup among bowls and top with the scallions and bacon. Serve with bread, if desired.

Tips:

*An immersion blender works great here.

The soup can be refrigerated for up to 3 days or frozen for up to 3 months.

Serves 6

Nutrition per serving: 150 Calories; 20g Carbohydrates; 5g Fat, 6g Protein