

Chicken & Sweet Corn Chowder

INGREDIENTS

- 2TBS ghee
- 1 yellow onion, chopped
- 1 medium leek, sliced (discard top and bottom)
- 2-3 stalks celery, chopped
- 3 carrots, chopped
- 2 ears of fresh sweet corn, shaved
- 1/2tsp Himalayan sea salt
- 1/4tsp black pepper
- 1/2TBS oregano, chopped
- 1/2TBS thyme, chopped
- 6 small red potatoes, cooked and cooled
- 1 can full fat coconut milk
- 2-3C chicken broth
- 1-2C shredded chicken
- Crispy sage for garnish

1. Heat ghee in Dutch oven. Once melted, add onion and leek and cook for about 1-2 min.
2. Add remaining veggies and seasonings and saute for 2-3 minutes or until veggies begin to sweat.
3. Add broth and coconut milk, bring to a boil then reduce to a simmer for about 30 min or until veggies softened.
4. Serve garnished with crispy sage and enjoy!