

# Creamy corn & bacon chowder



**DYNAMIX**  
HEALTH & FITNESS

2 tsps ghee or coconut oil  
1 small white onion, finely chopped  
1 green bell-pepper, deseeded and cubed  
2 rashers unsmoked bacon, cut into small pieces  
1 small garlic clove, finely chopped  
350g all-rounder potatoes, peeled and cut into cubes  
300ml semi-skimmed milk or unsweetened almond milk  
300ml vegetable stock (made with one organic stock cube)  
1 tsp smoked paprika  
¼ tsp dried thyme  
a pinch of sea salt and ground black pepper  
270g tinned sweetcorn, drained and rinsed  
a few drops of Tabasco / sriracha sauce  
2 tbsps fresh chives, chopped

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and green pepper and sauté for 3-4 minutes, stirring occasionally.

Add the bacon and fry gently for 2-3 minutes, stirring to seal on both sides. Add the garlic and fry gently for 2 minutes, stirring frequently. Add the potatoes and cook for 3-4 minutes, stirring occasionally.

Add the milk, stock, paprika, thyme, salt and pepper and stir well. Bring to a boil then reduce heat to simmer gently. Cover and cook for 10-15 minutes.

Add the sweetcorn and cook for 3 minutes. Add the tabasco / sriracha sauce. Taste the soup and add more seasoning if required.

Serve garnished with chives.

*Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.*

**SERVES 4**

PER SERVING:  
231 Calories  
**32g Carbs**  
**10g Protein**  
**7g Fat**

