

Smoked Beef Brisket And Corn Chowder

Topped with Smoked Beef Brisket, this corn chowder is hearty and flavorful.



INGREDIENTS

- 1 pound smoked beef Brisket, shredded
- 1 tablespoon olive oil
- 1 leek, halved, thinly-sliced
- 1-1/2 pounds Yukon Gold potatoes, diced into 1/2 to 3/4-inch cubes
- 5 cups reduced-sodium beef broth
- 2 cups frozen sweet corn kernels
- 1/2 cup whipping cream
- 1 teaspoon smoked paprika
- Crumbled cotija cheese, chopped fresh cilantro, lime wedges, hot pepper sauce, diced avocado (optional)

45 Min 6 Servings 42 Cal 22g Protein

COOKING

1. Heat oil in 6-quart stock pot on medium-low heat until hot; add leek. Cook 4 to 6 minutes, stirring occasionally until softened. Add potatoes and broth; bring to a boil. Reduce heat to medium-low; cover and simmer 20 minutes, or until potato is tender. Remove from heat.
2. Add 2 cups potato mixture to blender container. Pulse on and off until smooth. Roughly mash remaining potato mixture in stock pot for chunky consistency; combine with blended mixture in same pot. Add corn, cream, paprika and prepared beef Brisket. Season with salt and pepper, as desired. Cook 5 to 10 minutes or until heated through. Garnish with cheese, cilantro, lime, hot sauce and avocado, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
6		19.7g	68mg		39g	22g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com