

## Creamy Lima Bean Corn Chowder

### Ingredients:

6 - 8 cups water  
small strip Kombu seaweed  
1 1/2 cups baby lima beans, washed  
1 medium onion  
2 tbsp olive oil  
2 tsp coriander  
3 organic carrots, chopped  
3 celery stalks, chopped  
sea salt and pepper to taste  
1/2 bag each frozen corn and peas  
scallions, finely shredded for garnish

### Procedure:

1. Bring water to a boil. Add kombu and lima beans. Boil approximately 45 minutes or until the beans have broken open.
2. While the beans are cooking, saute the onions in olive oil until golden brown.
3. Add coriander, carrots and celery to saute mixture.
4. When beans are fully cooked, add vegetables, salt and pepper to pot and stir well.
5. Puree 2 cups of soup and return to the pot. Add corn and peas until thoroughly warmed.
6. Garnish with shredded scallions. Serve and enjoy.

### Cook's Notes:

*This is a thick soup which freezes well. Try not to add more water to keep the consistency chowder-like. The peas and corn should be fresh when available. If not, substitute organic frozen. I prefer using all organic ingredients whenever possible. Serves 6 - 8.*

Recipe adapted from Friendly Foods