Creamy Chickpea and Sweetcorn Chowder

4 equal generous bowls of chunky chowder · Active 20 min · Total 45 min

Skills: Easy

Ingredients

- 1 tablespoon neutral oil (15 ml)
- 1 large onion, diced (150 g)
- 2 garlic cloves, minced (6 g)
- 2 medium potatoes, peeled and diced into 1/2-inch/1.3 cm pieces (300 g prepared)
- 3 cups frozen sweetcorn kernels (420 g)
- 3 cups water (720 ml)
- 3/4 teaspoon fine salt (4.5 g)
- 1/2 teaspoon ground black pepper (1 g)
- 2 cans chickpeas (15 oz/425 g each), drained and rinsed to give 480 g total
- 1 1/2 cups 2% milk (360 ml)

Set out

Large saucepan, Ladle, Heat-safe blender or stick blender used in a separate heat-safe jug

Allergens

Milk. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook onion for 6–7 minutes until soft, then add garlic and stir for 30 seconds.

2. Add potatoes, corn, measured water, salt and pepper. Bring to a simmer and cook for 15–18 minutes, or until potatoes are completely tender and corn has met its package cooking instructions.

3. Remove about 2 cups of mixture, including potato, corn and liquid, to a heat-safe jug. Blend safely until smooth, following hot-liquid appliance instructions, then return to the saucepan.

4. Stir in chickpeas and milk. Heat gently for 5–6 minutes, stirring across the bottom, until steaming throughout without a vigorous boil. Divide among four bowls.

Use frozen kernels without creating another leftover

Measure corn straight from the frozen bag and return the rest promptly to the freezer. The remaining kernels can go into another soup or a vegetable side. A plain frozen product is more flexible across the collection than a bag already mixed with butter sauce or seasoning.

A useful detail

If using a stick blender, blend the measured removed portion in a deep heat-safe jug with the blender head submerged, rather than splashing a small shallow bowl.

Keep it well

Refrigerate chowder in shallow containers within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat to 165°F/74°C, stirring and adding water as needed. Freeze for up to 2 months; thaw in the refrigerator and stir well after reheating.