



**Southwestern Corn and Sausage Soup** *(adapted from High Plains, The Joy of Alberta Cuisine by Cinda Chavich)*

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 stalk celery, chopped
- 1 medium green bell pepper, chopped
- 1 large jalapeno, chopped (seeds and membranes included)
- 1 pound apple chicken sausage, casings removed
- 1/4 teaspoon crushed red chili flakes
- 1 teaspoon dried oregano
- 1 large bay leaf
- 2 large Yukon Gold potatoes, peeled and cubed
- 2 cups low sodium chicken stock
- 1 - 14 ounce can creamed corn
- 1-1/2 cups fresh or frozen corn kernels
- 1/4 cup instant blending flour mixed with 1/4 cup water (optional)
- 2 cups buttermilk
- Salt and coarse ground black pepper to taste
- 2 tablespoons chopped fresh cilantro
- 3 green onions, chopped

Heat olive oil in large Dutch oven. Add onion, garlic, celery, green pepper and jalapeno and cook until vegetables are softened (about 5 to 8 minutes). Add chicken sausage and cook crumbling well until sausage is no longer pink. Add red chili flakes, oregano and bay leaf, along with potatoes and chicken stock. Bring to a boil, reduce heat to a slow simmer, cover pot and cook for 10 minutes. Remove cover and add creamed corn and corn kernels. Simmer uncovered for additional 20 minutes. If you like a thicker soup add flour/water slurry and cook until thickened. Reduce heat; add buttermilk heat gently stirring often until soup is hot. Do not boil or soup will curdle. Taste for seasoning and add salt and pepper as required. Stir in chopped fresh cilantro and chopped green onions. Serves 6.