

Summer Corn and Zucchini Chowder - Light, Creamy & Comforting

Summer Corn and Zucchini Chowder - A Warm Bowl of Sunshine



TIME
4 min

PRINT
Recipe Card

SAVE
PDF

SOURCE
ChefManiac

INGREDIENTS

1 tablespoon olive oil or butter
1 small yellow onion, finely chopped
2 cloves garlic, minced
2 medium zucchini, diced
1 medium Yukon Gold potato, diced small
2 cups fresh corn kernels (or frozen, thawed)
4 cups vegetable broth
½ teaspoon dried thyme
½ teaspoon salt (adjust to taste)
... teaspoon black pepper
½ cup heavy cream or half-and-half (optional for creaminess)
Optional: ... teaspoon smoked paprika or a dash of cayenne
Garnish: chopped parsley, basil, or grated Parmesan

DIRECTIONS

1. SautØ the Base: In a large pot, heat olive oil or butter over medium heat.
2. Add the chopped onion and cook for 3-4 minutes until soft and translucent.
3. Stir in minced garlic and sautØ for another 30 seconds.
4. Add Vegetables & Seasoning: Stir in diced zucchini, potato, and corn.
5. Pour in vegetable broth.
6. Season with dried thyme, salt, pepper, and optional paprika or cayenne for a gentle kick.
7. Simmer Until Tender: Bring the mixture to a boil, then reduce the heat.
8. Cover and simmer for 15-20 minutes, or until the potatoes are fork-tender.
9. Blend for Creaminess (Optional): For a thicker texture, blend 1-2 cups of the chowder using a countertop blender or immersion blender.
10. Return blended portion to the pot and stir well.
11. Add the Cream (Optional): Stir in the heavy cream or half-and-half.
12. Let it warm through for 2-3 minutes, then taste and adjust seasoning.
13. Serve & Garnish: Ladle into bowls and top with fresh parsley, basil, or a sprinkle of Parmesan cheese.

SWAPS & NOTES

& Swaps Corn : Use fresh corn for peak summer sweetness, or

sub frozen when out of season.

Broth : Vegetable broth keeps it vegetarian, but chicken broth adds richness.

Cream : Skip for a dairy-free version, or use coconut milk for a

twist.

Herbs : Fresh thyme or basil makes a delicious garnish alongside parsley. ???

TIPS FOR SUCCESS

Don't overcook the zucchini : It should stay tender, not mushy.

Adjust spice to your liking-smoked paprika for depth, cayenne for heat.

Meal prep-friendly : This soup stores and reheats like a dream.

Try these comfort food favorites: Tomato Skillet with Okra and Sausage - hearty and flavorful Cajun Chicken Sausage Gumbo - loaded with bold Southern flair Easy Turkey Wings - serve with chowder for a full spread ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/summer-corn-and-zucchini-chowder-light-creamy-comforting/>