Chicken and Corn Chowder

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Servings: 4

Start to Finish Time: 40 minutes

3 ears corn, shucked
2 tablespoons unsalted butter
4 slices bacon, chopped
3/4 large onion, chopped
1/4 large onion, thinly sliced lengthwise
Kosher salt
freshly ground black pepper
1 1/4 pounds Yukon Gold potatoes, chopped
3 cloves garlic, chopped
1 clove garlic, sliced
1/4 teaspoon smoked paprika
4 to 6 sprigs thyme
4 cups low-sodium chicken broth
1 1/2 cups shredded rotisserie chicken
3/4 cup heavy cream

Cut the kernels off the corn and scrape the cobs with the back of a knife to remove the liquid. Melt one tablespoon of butter in a Dutch oven or other large pot over medium-high heat. Add the bacon and cook, stirring, until crisp, 3 to 4 minutes. Remaove to a paper towel-lined plate with a slotted spoon. Remove two tablespoons of the drippings and set aside.

Reduce the heat under the pot to medium. Add the remaining one tablespoon of butter, the chopped onion, corn and liquid. Add a pinch each of salt and pepper. Cook, stirring, until the onion is tender, 5 to 7 minutes.

Add the potatoes and chopped garlic to the pot. Season with the smoked paprika and thyme. Cook, stirring, for 1 minute. Add the chicken broth and and one teaspoon of salt. Cover and bring to a boil. Uncover and simmer until the potatoes are tender, 6 to 8 minutes.

Smash some of the potatoes with a fork to thicken the soup. Stir in the chicken and heavy cream. Cook until the chicken is warmed through, about 3 minutes.

In a small skillet over medium-high heat, heat the reserved bacon drippings. Add the sliced onion and cook until browned, 3 minutes, adding the sliced garlic during the last 30 seconds. Remove with a slotted spoon to the plate with the bacon.

Divide the soup among the bowls. Top with the bacon, onion and garlic.

Soups, Chili, Stew

Per Serving (excluding unknown items): 477 Calories; 29g Fat (48.8% calories from fat); 20g Protein; 48g Carbohydrate; 6g Dietary Fiber; 82mg Cholesterol; 181mg Sodium. Exchanges: 1 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 5 Fat.