



MIRLITON SUCCOTASH CHOWDER

Prep Time: 1½ Hours

Yields: 8–10 Servings

Ingredients:

4 large mirlitons, peeled, seeded and diced
4 slices bacon
4 tbsps butter
2 cups peeled and diced sweet potatoes
1 cup diced onions
½ cup sliced green onions
½ cup diced red bell peppers
½ cup diced green bell peppers
2 jalapeño peppers, seeded and diced
¼ cup minced garlic
1 cup diced smoked sausage
¼ cup flour
1 quart chicken broth or stock
1 cup frozen whole kernel corn
1 (4-ounce) can chopped green chiles
1 cup diced yellow squash
1 cup diced zucchini
1 (15-ounce) can red kidney beans, rinsed and drained
1 (15-ounce) black-eyed peas, rinsed and drained
1 (15-ounce) lima beans, rinsed and drained
2 cups milk
salt and freshly ground black pepper to taste
granulated garlic to taste
shredded Cheddar cheese for garnish

Method:

In a large, heavy-bottomed Dutch oven over medium-high heat, cook bacon until fat is rendered and bacon is crisp. Using tongs, remove bacon from pot and place on paper towels to drain. To hot bacon fat, add butter, stirring gently until melted. Add mirlitons, sweet potatoes, onions, green onions, bell peppers, jalapeños, minced garlic and sausage then sauté 5–7 minutes or until vegetables are wilted, stirring frequently. Sprinkle in flour and cook 2 minutes, stirring constantly. Gradually add chicken stock, one ladle at a time, stirring constantly to incorporate. Blend in corn, chiles, yellow squash, zucchini, red beans, black-eyed peas, lima beans and milk. Simmer 45 minutes, stirring occasionally. Adjust seasonings to taste using salt, pepper and granulated garlic. Ladle into serving bowls and crumble reserved bacon over soup. Garnish with cheese and serve hot.