

Description



Try this delicious recipe with that fresh sweet corn from the market in the summertime, or anytime with frozen or canned corn.

Ingredients:

- 1 small red bell pepper, chopped
- 1 small red onion, chopped
- 2 C. corn kernels (fresh, frozen, or canned)
- 2 T. The Olive Tap's [Jalapeño Fused Olive Oil](#)
- 2 T. flour
- 1 can chicken stock
- 2 T. heavy cream
- 1 t. salt
- 1/2 t. fresh ground pepper

Directions:

1. In a pan heat the Jalapeño Fused Olive Oil. Add onion, bell pepper, salt and pepper. Saute until soft.
2. Add in the flour and cook for a minute, then slowly whisk in chicken stock and cream. Cook until thickened and add in the corn and cook longer until warmed through.
If you'd like more heat add in some fresh, diced jalapeno!

An Olive Tap Original Recipe by Christina Varrato, Manitou Springs

Recipe originally appeared at <https://theolivetaprecipes.com/recipes/spicy-creamed-corn/>

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