

Potato and Corn Chowder

Prep Time: 30 Minutes

Cook Time: 20 Minutes

Serves: 6 Servings

Ingredients

- 1 tablespoon vegan butter or light oil
- 2 medium carrots, peeled and chopped
- 2 ribs celery, chopped
- 1 yellow onion, chopped
- 3 cloves garlic, minced
- 1/4 cup all-purpose flour (use all-purpose gluten-free flour if preferred)
- 1 teaspoon dried thyme leaves
- 3 large potatoes (about 1½ lbs) (4 cups chopped).
- 2 cups vegetable broth
- 2 cups plant-based milk (such as soy or almond)
- 3 tablespoons nutritional yeast
- 1 cup fresh or frozen corn kernels
- 1 teaspoon salt (or to taste)
- 1/4 teaspoon pepper (or to taste)

Instructions

1. Heat the oil in a large soup pot over medium-high heat. When hot add the carrots, celery, onion and garlic. Sauté until the vegetables just start to soften and the onions turns translucent and begins to brown, about 5 minutes.
2. Sprinkle the flour and thyme over the vegetables and stir to coat. Continue to stir and cook for a minute until flour starts to brown. Stir in the potatoes, vegetable broth, plant-based milk, and nutritional yeast. Bring to a simmer and cook until the potatoes are fork tender and the chowder has thickened, about 8 minutes.
3. Lastly, add in the corn and season with salt and pepper. If your chowder gets too thick, you can always thin it with water or a vegetable broth to the desired consistency. Serve hot.