

Potato Corn Chowder

SERVINGS
6-8

PREP TIME
20 MIN

COOK TIME
40 MIN

TOTAL TIME
60 MIN

Indulge in the velvety goodness of our vegan potato corn chowder, a warm embrace of simplicity with veggies, potatoes, and corn. Ideal for cozying up on chilly winter days.



ORGANIZING
a Plant Based Life.com

Ingredients

Directions

1

- Olive Oil
- 1 Medium Onion
- 3 Ribs Celery
- ½ lb Baby Carrots (more if desired) (8oz=½lb)

- Heat a generous drizzle of olive oil in 6 qt stockpot over medium heat.
- Dice onion and add to pot, stirring occasionally while continuing to chop.
- Dice celery and carrots and add to pot. Mix well.
- ✧ Can add more of any vegetable, including potatoes. Just remember to add more spices and vegetable broth to balance it out.

2

- 1 T Minced Garlic
- 2 tsp Lowry's Seasoned Salt
- 1 tsp Dried Thyme
- 1 tsp Dried Rosemary
- ½ tsp Pepper

- Add spices to pot and mix well, while still cooking mixture.

3

- 5 Medium Russet Potatoes or similar amount of baby potatoes (if on hand) **Its ok to vary the amount, not exact*

- Peel potatoes if desired, but not necessary.
- Dice potatoes into medium chunks. Add to pot and mix well.

4

- 1.5 to 2 Boxes (32oz) Vegetable Broth

- Add broth and mix well.
- Bring to a high simmer and then lower to slight bubble simmer. Mix well and cook about 30-40 minutes until potatoes are fork tender.

5

- OPTIONAL:**
- 1Can (15.5 oz) Garbanzo Beans

OPTIONAL - ADD A KICK OF PROTEIN

- Drain and rinse can of garbanzo beans and add to pot, mix well.

6

- 1 Can (15 oz) Corn

- Once potatoes are tender, remove from heat, and CAREFULLY blend mixture with potato masher or immersion blender. *Do this to your preference, leaving some small chunks if desired.*
- **Taste blended soup and add additional salt & spices as desired, and thin out with more broth as needed.**
- Drain can of corn and add to pot, mix well

SERVE WITH:

- Salt & Pepper To Taste
- Saltine Crackers or Crusty Bread