

Vegan Corn Chowder

Ingredients

2 tablespoons corn oil
1 small onion, diced fine
4 tablespoons whole wheat flour
4 cups soy or almond milk
3 cups frozen whole kernel corn
1 stalk celery, diced
1 large carrot, peeled and shredded
2 medium potatoes, washed and diced into small cubes
1 teaspoon fresh parsley, minced
1/2 teaspoon dried oregano
1/4 teaspoon sea salt
1/8 teaspoon black pepper

Method

Heat oil in a large soup pot. Saute onions until tender. Slowly stir in flour until blended. Gradually add soy milk and stir well. Cook on medium-low heat until thick and smooth. Do not boil. Add corn and prepared vegetables. Bring back to simmering. Cook until vegetables are tender, about 10 minutes. Stir often to prevent sticking. Serve warm to 8.

Note

Calories: 173, total fat: 6g, cholesterol: 0mg, dietary fiber: 5g, protein: 7g, sodium: 4%, potassium: 16%, calcium: 2%, vitamin C: 21%, B1: 14%