



## Vegan Corn Chowder

6 servings  
40 minutes

### Ingredients

2 tbsps Coconut Oil  
1 Yellow Onion (large, finely chopped)  
2 Garlic (minced)  
2 Carrot (large, diced)  
1 Yellow Potato (large, diced)  
2 stalks Celery (diced)  
1 tsp Onion Powder  
1 tsp Garlic Powder  
1/2 tsp Sea Salt  
1 tsp Paprika  
3 cups Vegetable Broth (or enough to cover vegetables)  
1/2 head Cauliflower (about 2 cups, cooked, divided)  
3 cups Corn (fresh or frozen, divided)  
1 3/4 cups Canned Coconut Milk (a 400ml can)  
1 Red Bell Pepper (diced)  
1/2 cup Parsley (fresh, minced)

### Nutrition

Amount per serving	
Fat	18g
Carbs	34g
Fiber	6g
Sugar	10g
Protein	6g

### Directions

- 1 Melt the ghee in a large saucepan. Add the onion and garlic. Cook on medium heat until onions are soft.
- 2 Add the carrots, potato, celery, and spices. Mix and cook for a few minutes. Add enough broth to cover all the vegetables well. Bring to a boil and then simmer for 15 minutes or until vegetables are soft.
- 3 Meanwhile, prepare the cream sauce by combining 1 cup of cooked cauliflower, 1 cup of cooked corn, and the coconut milk (or cream). Blend in a blender until you have a nice creamy consistency.
- 4 Add the red pepper, the leftover cooked cauliflower and cooked corn, the parsley and the creamy mix to the chowder. Mix well. Simmer another 5 minutes. Taste and adjust seasonings. Enjoy!

### Notes

**More Protein:** Add some beans, cooked salmon, or cooked chicken to your soup  
**Broth:** You can use bone broth, vegetable broth, chicken broth or just plain water in this recipe.  
**Fresh Herbs:** You can also add fresh cilantro, thyme or oregano to this chowder.  
**Extra Flavour:** Cook the cauliflower by roasting in the oven before adding to the soup.