

CORN CHOWDER

Skill Level: 2

XP: 225

This is a totally vegan "chowder" that makes a wonderful soup to feed a group or even just yourself on a chilly evening.

Material Components

	Servings		
	4	8	12
olive oil	1 Tbsp	2 Tbsp	3 Tbsp
diced onion	¼ cup	½ cup	¾ cup
diced celery	¼ cup	½ cup	¾ cup
diced bell peppers	¼ cup	½ cup	¾ cup
minced garlic	1 Tbsp	2 Tbsp	3 Tbsp
flour	2 Tbsp	¼ cup	1/3 cup
stock	2 ½ cups	5 cups	7 ½ cups
coconut milk	1 can	2 cans	3 cans
frozen corn	½ lb	1 lb	1 ½ lb
diced potatoes	½ cup	1 cup	1 ½ cups
roasted red bell peppers	¼ cup	½ cup	¾ cup
thyme	½ tsp	1 tsp	½ Tbsp

1. Heat olive oil on medium-high in a large pot.
2. Saute onions, celery, and diced bell pepper until the onions are translucent and the other veggies tender.
3. Add garlic and saute another 30 seconds.
4. Sprinkle on the flour and stir to mix evenly.
5. Reduce the heat to medium and cook and stir until the flour lightens in color a bit--about 5 minutes should do it but watch it doesn't brown.
6. Stir in the stock a bit at a time until each addition is absorbed.
7. Stir in the coconut milk, corn, potatoes, and roasted red bell peppers.
8. Bring to a boil and then reduce heat to a simmer and cook 10 minutes or so--long enough that the potatoes are cooked through.
9. Season with thyme. Adjust seasoning with salt and pepper to taste and serve hot.

Tips

- Goes great with fresh corn muffins! (see page 218)

Hit Points	Constitution	Strength	Dexterity
383	30	9	28