

Creamy Sweet Corn and Potato Chowder

Adapted from a recipe originally published by Iowa Girl Eats, <http://iowagirlleats.com>

Makes 8 servings

INGREDIENTS

- 4 cups low sodium vegetable broth
- 5 cups cauliflower florets (approximately 1 large head)
- 4 teaspoons olive oil, divided
- 3 cloves garlic, minced
- ½ cup plain soy milk
- ½ teaspoon salt
- 1 carrot or equivalent of mini carrots, chopped
- 1 stalk celery, chopped
- 1 medium sized shallot, chopped
- 2 cups sweet potato, rough peeled and cut into ½" cubes
- 2 cups sweet corn kernels (fresh or frozen)
- Salt and pepper
- 4 slices bacon (optional for garnish if not vegan)

DIRECTIONS

- 1) In a soup pot, bring broth to a boil and then add cauliflower. Reduce heat, cover with lid, and simmer until cauliflower is fork-tender, approximately 15 to 18 minutes (don't overcook).
- 2) Meanwhile, heat 2 teaspoons of olive oil in a small skillet over a medium heat, add garlic and sauté until golden brown, approximately 1 minute.
- 3) Reserve ¾ cup of broth and set aside. Carefully transfer cooked cauliflower and remaining broth into a blender (in batches if necessary), adding sautéed garlic, milk, and salt. Blend until very smooth, 1-2 minutes, and set aside.
- 4) In same soup pot, heat remaining 2 teaspoons of olive oil and add carrots, celery, and shallots. Season with salt and pepper and sauté until tender, approximately 5 minutes.
- 5) Add cauliflower sauce, reserved broth, and sweet potato to the pot. Cover and increase heat to medium/high, bringing chowder to a bubble. Cook until potatoes are tender, approximately 10 to 12 minutes.
- 6) Add corn and continue cooking until warmed through. Garnish with crispy bacon pieces, if desired.

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