

The Vegan Temptress' Rosemary Corn Chowder

Ingredients

1 medium yellow onion, diced small
1 clove garlic, minced
5 celery stalks, diced
5 carrots, diced
3 potatoes, diced large
1 cup mushrooms, diced
40-ounce organic frozen corn (or 6 to 7 fresh ears)
6 1/2 cups water or vegetable broth
2 teaspoons salt
1 teaspoon smoked paprika
1/2 teaspoon nutmeg
1 can coconut milk or 1 1/2 cups unsweetened almond milk
1 teaspoon fresh thyme, chopped
1 tablespoon fresh rosemary, chopped

Directions

Heat 1/2 cup of water in a large stock pot. Add diced onions, sprinkle with salt, and sauté until soft. Add garlic and sauté while stirring for 2 more minutes. Add celery, carrots, and 3 cups of the water. Simmer for 5 to 10 minutes. Add remaining 3 cups of water, potatoes, mushrooms, corn, salt, and nutmeg. Simmer for about 20 minutes. Using an immersion blender (or regular blender in batches), blend about half of the chowder. Add coconut milk and fresh herbs. Add more salt to taste. Enjoy!