

Vegan Corn Chowder

Place in a large pot:

- 1 cup dried Great Northern or cannellini beans

Cover with filtered water. Soak overnight, drain, rinse, pressure cook 23 minutes.

Set aside. If you can't use dried beans, use 2 cans of beans.

Heat a large heavy pot to medium heat. Add:

- 1/3 cup olive, canola or coconut oil

- 1 large red onion, finely diced

- 2 red bell peppers, seeded and finely diced

and cook until softened, about 7-9 minutes.

Add:

- 9 cloves garlic

cook for ~7 more minutes.

Add:

- 1/2 cup whole wheat flour

And cook for ~10 minutes on medium low, stirring frequently, do not burn.

Add:

- 4 cups water or vegetable broth

- 2 large sweet potatoes, diced

- 10 Brussels sprouts, cut into eighths (optional)

- 1 tablespoon vegan Better Than Bouillon paste

- 1 tsp thyme

Cover and bring to a boil. Then turn heat to medium and cook until the sweet potatoes are softened, about 8-12 minutes.

Meanwhile, separately, blend:

- 4 cups original soy milk

- the cooked Great Northern Beans

Puree completely until creamy. Pour into soup pot and stir to combine. Add:

- 1 pound frozen white or yellow corn

- 2 teaspoons salt

- 3/4 teaspoon crushed red pepper

- 3/4 teaspoon freshly ground black pepper

Cook about 7 more minutes then bring the heat back up just until the corn is cooked. Remove from heat. Serve with cornbread or other rolls or bread.

Serves 6 for a main course.

For more recipes see www.TruthAboutNursing.org/vegan