



a better world begins on your plate

**plant-based
eating**
ANIMAL PROTECTION
OF NEW MEXICO

Hearty Corn Chowder



Adapted from a recipe for Corn Chowder in *The Conscious Cook* by renowned chef, Tal Ronnen, this delicious meal makes use of a summer staple, corn. Organic ingredients are always preferable. Serves six.

4 tablespoons high quality cooking oil (coconut oil makes a wonderful sautéing oil)

1 medium onion, diced

2 carrots, diced

1 stalk celery, diced

1 sweet red bell pepper, diced

5 to 6 cups vegetable stock

1 dried chipotle pepper, diced

½ teaspoon dried thyme

2 potatoes, cut into small chunks

1 bag frozen corn (equivalent to about 6 ears of corn)

2 tablespoons minced fresh chives (or dried and rehydrated)

1 ½ teaspoons salt (or to taste)

black pepper, to taste

1 ½ cups cashew cream*

In a large soup pot (cast iron works well), make a soup base by sautéing the onions, celery, carrots, red bell pepper and chipotle pepper with oil for several minutes, and then add the vegetable stock. Add the potatoes and thyme, bring to a boil, reduce the heat and simmer until potatoes are done (15-20 minutes). Smash the potatoes against the side of the pot to create a thicker soup. Add the corn, chives, salt and pepper, and cashew cream, and cook on low for 10 more minutes. Serve with kale salad (see *Making Tracks* Spring 2015 edition) and your favorite bread for a hearty and healthy meal.

*Cashew Cream

Rinse about 1½ cups raw cashews, add enough cold water to cover them, cover the bowl and soak for about 8 hours in the refrigerator. Drain the cashews, rinse again, then place in a food processor with enough cold water to cover them by one inch and blend until very smooth.