



## VEGAN CORN CHOWDER

**SERVES:** 4 (approx. 1 cup each) **Prep Time:** 9 min. **Cooking Time:** 16 min.

**CONTAINER EQUIVALENTS** (per serving): 1 1 ½ ½

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**1 Tbsp.** olive oil  
**1 cup** chopped onions (approx. 1⅓ medium)  
**⅓ cup** chopped carrot (approx. ⅔ medium)  
**⅓ cup** chopped celery (approx. 1 medium stalk)  
**⅓ cup** chopped red bell pepper (approx. ⅓ medium)  
**2 cloves** garlic, finely chopped  
**2 cups** corn kernels, cut off cob (or frozen) (approx. 2½ medium ears)  
**2 cups** low-sodium organic vegetable broth  
**½ cup** canned coconut milk  
**¼ tsp.** sea salt (or Himalayan salt)  
**¼ tsp.** ground black pepper  
**2 Tbsp.** cornstarch (preferably GMO-free) + 2 Tbsp. water (combine to make slurry)  
**1 Tbsp.** fresh lime juice  
**1 tsp.** finely grated lime peel (lime zest)  
**4 tsp.** chopped fresh cilantro

1. Heat oil in a medium soup pot over medium heat.
2. Add onion, carrot, celery, bell pepper, and garlic; cook, stirring occasionally, for 5 minutes, or until onion is translucent.
3. Add corn, vegetable broth, coconut milk, salt, and pepper; stir to combine. Gently boil for 10 minutes, or until corn is plump and tender-crisp.
4. Add cornstarch slurry, lime juice, and lime peel; whisk to combine. Gently boil for 1 minute, or until thickened. Garnish with cilantro and enjoy!

**NUTRITIONAL INFORMATION** (per serving): **Calories:** 188 **Total Fat:** 7 g **Saturated Fat:** 5 g **Cholesterol:** 0 mg **Sodium:** 237 mg **Carbohydrates:** 32 g **Fiber:** 4 g **Sugars:** 7 g **Protein:** 4 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon indicate the recipes are not made with dairy ingredients.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.