

# Easy Corn Chowder

Contributed by  
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Wednesday, March 5th, 2008

This is an example of a creamy soup that contains absolutely no dairy &mdash; not even a dairy substitute. The secret is in the stirring.

- 1 Tablespoon Vegetable Oil
- 2 cups diced white onions
- 1 1/2 cups diced celery
- 1/2 cup diced carrot
- 3/4 cup diced bell pepper (red, green, or yellow)
- 4 cups peeled and cubed potatoes (1/2 inch cubes or smaller)
- 1/4 teaspoon ground sage
- 8 cups water ( or enough water to cover vegetables by 1/2 inch)
- 2 Tablespoons light miso or powdered vegetable broth
- 3 cups fresh or frozen corn kernels
- 3 Tablespoons minced green onions

1. Measure oil into a large soup pot. Add onions, celery, carrot and pepper. Saute until vegetables begin to soften, 3 to 4 minutes. Add potatoes and sage. Mix well and saute an additional 3 minutes.
2. Add water, bring to a boil, cover, and simmer over medium-low heat for 10-15 minutes, or until potatoes are tender but not mushy.
3. Remove 1/2 cup of broth and dissolve miso into it. Add to soup and mix well. Cook soup an additional minute, stirring continuously.
4. Remove 1/3 of soup with lots of vegetables in it and set aside. Blend remaining 2/3 of the soup until smooth with hand blender or food processor. Stir in reserved soup, corn, and green onion.
5. Bring soup to a low boil, stirring frequently, and simmer for 10 minutes on low heat, continuing to stir so soup does not stick to the bottom.

Serves 8