Maple Spice

SMOKEY VEGETABLE CHOWDER (2 servings) (adapted)

1/4 cup sherry, white wine, or veg broth
2/3 cup heaped sliced leeks
2 bay leaves
Freshly ground black pepper
1 Tbsp flour
1/2 tsp smoked paprika
1/4 tsp smoked sea salt
2 cups unsweetened almond milk
1 tsp vegetable bouillon powder*
1 cup peeled and diced potato
2/3 cup heaped, sliced and halved carrot
1 cup heaped, frozen corn

Whisk the milk with the flour, stock powder, paprika and salt in a bowl or jug and set aside.

Add the sherry or other liquid to a medium saucepan, then add the leeks, bay leaves and some freshly ground black pepper. Sauté gently until just soft, 2-3 minutes should do. Pour in the milk mixture and add the carrots and potato. Bring to a boil then reduce the heat to low, cover and simmer until the potato is tender, and the broth has thickened slightly, about 15 minutes. Stir it now and again and don't worry if you see little white dots of flour or milk. They should go away by the end :-)

When there is 6 minutes left, add the corn, turn the heat up to maximum to bring it back to a boil as the frozen corn will bring the temperature down. When it's at a boil again, reduce to a simmer. Check that the potato is tender then turn the heat off, take the lid off and let it sit for 5 minutes. This helps cool it down a bit and thickens the chowder a little more. Check the seasoning then remove the bay leaves and serve.

This chowder is hearty enough on its own, but as with all soups, great with some crusty rolls or French bread.

*Debbie of Maple Spice says she uses a brand of bouillon powder which has turmeric added. If you don't have that, then add 1/8 tsp turmeric to the soup. You could also use a vegan "chicken" bouillon for the yellow color.

Editor's Note:

I adapted this recipe to be WFPB by substituting sherry or other liquid for vegan butter. Also, the recipe author is British, so I changed "sweetcorn" to "corn" to avoid confusion.

The recipe calls for smoked sea salt. If you don't have that, I wouldn't worry, as the smoked paprika will lend a smoky flavor. You could add a dash of Liquid Smoke to the soup, if you use that.

Also, the recipe calls for unsweetened almond milk. Any unsweetened plant milk should work fine.





Debbie of **Maple Spice** maintained this all-vegan blog and website from 2006 to 2015, and it has more than 300 recipes. Debbie uses oil and some vegan processed foods, but you can work around them if you follow WFPB.

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....and all vegan things nice!