

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Roasted Sweet Potato Chowder w/ Poblano Chiles & Corn – Vegan, Non-dairy, Gluten-free

Inspired by and adapted from a recipe in

Dr. Andrew Weil, Sam Fox and Chef Michael Stebner's cookbook True Food.

Nutritionally rich and boldly flavored. Vegan, non-dairy and gluten-free.

Roasted Sweet Potato Chowder with its Southwestern flavors and deep shades of gold, green and yellow makes other chowders pale in comparison.

Makes 10 servings

Active Time: 1 hour

Total Time: 2¼ hours

1½-2 pounds peeled sweet potatoes, ½-inch dice (6-7 cups)

1½-2 pounds peeled yams, ½-inch dice (6-7 cups)

1 onion, halved, sliced thinly pole to pole and then halved again

1¾ cups carrots, 1/3-inch dice

1¾ cups celery, 1/3-inch dice

2 poblano chiles, halved, seeded, 1/3-inch dice (about 2 cups)

1½ cups frozen organic corn, defrosted OR one 15-ounce can organic corn, drained, liquid reserved

6 cloves garlic, thinly sliced

2 tablespoons olive oil

1 tablespoon chili powder

2 teaspoons ground cumin

1 teaspoon turmeric

½ teaspoon Aleppo pepper flakes

2 teaspoons dried oregano

1½ teaspoons salt

2 bay leaves

6 cups water (include reserved liquid from the corn if you use canned corn)

1 14-ounce can unsweetened coconut milk

Salt to taste

Garnish

3-4 scallions thinly sliced

¾ cup cilantro, coarsely chopped

1. Heat the oven to 450 degrees. Line two rimmed baking pans with parchment paper.
2. Toss all of the vegetables together in a large bowl with the olive oil.
3. Divide the vegetables evenly between the two baking pans.

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4. Roast the vegetables for 15 minutes. Raise the heat to 475 degrees. Toss the vegetables on the pan and roast for another 15 minutes. Turn off the heat and let the vegetables stay in the oven while you toast the spices.
5. Place a soup pot over medium high heat. When hot, stir in the chili powder, cumin, turmeric and Aleppo pepper till fragrant, about 1 minute.
6. Remove the roasted vegetables from the oven. Stir them into the spices. Stir in the oregano, bay leaves and salt.
7. Add the water, cover the pan, and bring the soup to a boil over high heat. Lower the heat and simmer the soup, partially covered, for 20 minutes.
8. Use a blender to puree 3 cups of the soup. Return it to the pot along with the coconut milk. Use another ½ - ¾ cup of water to rinse out the blender and the empty coconut milk can before adding this water to the pot.
9. Adjust the salt to taste. Serve Sweet Potato Chowder with Poblano Chiles & Corn garnished with a sprinkling of both the scallions and the cilantro.

