

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Sweet Potato Chowder w/ Almond Cream

So comforting, so delicious, so fast—so vegan, gluten and dairy-free! For a bolder flavor, add a minced Serrano or jalapeño pepper to the soup along with the garlic.

Yield: 14 cups

2 tablespoons olive oil
2 cups yellow onion, ¼-inch dice
1½ cups chopped celery, 1/3-inch dice
2 large cloves garlic, crushed
1 tablespoon sea salt
Dozen twists fresh black pepper
2 bay leaves
2 teaspoons dried thyme leaves (1 tablespoon fresh)
7 cups (2 1/3 pounds) sweet potatoes, peeled, ½-inch dice
6 cups (2 pounds) yams, peeled, ½-inch dice
1½ cups corn, frozen and defrosted

Almond Cream

1 cup blanched, slivered almonds

Garnish

2 thinly sliced scallions

Heat the oil in a large soup pot over medium heat. Add the onion, cover the pot and cook about 5 minutes until it is translucent. Remove the lid and stir in the celery, garlic, salt, pepper, thyme and bay leaves and cook for about another 5 minutes till the onion begins to color.

Stir in the potatoes and 6 - 6½ cups of water to just cover the potatoes. Cover the pot and bring the soup to a boil. Reduce the heat to a simmer; partially cover the pot and cook for 15 minutes until the potatoes are tender.

Meanwhile prepare the Almond Cream by combining the slivered almonds with 2 cups of water in a blender for about 4 minutes on medium-high speed till very smooth.

Add the corn to the soup. Simmer the soup partially covered for another 5 minutes. Stir in the Almond Cream. Puree 4 cups of the soup (in two batches in the blender) and return it to the pot. Adjust the salt and pepper to taste.

Serve garnished with thinly sliced scallions.