



Serves 4-6

Preparation Time: 15 minutes

Cook Time: 15 minutes

INGREDIENTS:

8 small Yukon Gold, white, or russet potatoes (about 2 pounds), cut into ½-inch chunks

½ small onion, peeled and chopped

3 ears fresh corn, kernels removed (about 1¾ cups), cobs reserved

2 medium carrots, peeled and diced

2 stalks of celery, chopped

¼ cup chopped red bell pepper

1 cup chopped broccoli and cauliflower stalks, outer fibrous parts removed and discarded (about ½ pound)

1 clove garlic, peeled and minced

2 tablespoons chopped thyme

⅛ teaspoon white pepper

2 teaspoons ground cumin

3 tablespoons chopped dill

Salt to taste

Lotsa Vegetable Chowder

You might call this a “corny” chowder instead, because when I tell my two-year-old that I am making my “Heavenly and Heavily Herbaceous Cauliflower Crowded Chowder,” she cracks up.

From *Forks Over Knives - The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

<https://www.youtube.com/watch?v=3ftDpbphcfY&t=23s>

By Judy Micklewright

- 1 In a large pot, combine the potatoes, onion, corn kernels and cobs, carrots, celery, pepper, broccoli and cauliflower, garlic, thyme, white pepper, cumin, and 6 cups water. Bring to a boil over high heat. Reduce the heat to medium-low and simmer for 30 minutes, or until the vegetables are tender.
- 2 Remove the corn cobs and let cool. Remove 1 cup of the soup and puree in a blender with a tight-fitting lid, covered with a towel. (If you like a thicker soup, puree 2 cups.) Return the pureed soup to the pot and add the dill. Scrape corn cobs with back of a knife to remove the creamy corn bits from the kernel, and add the bits to the pot. Season with salt and stir well.