



Makes 9 cups
Preparation Time: 10 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 cup chopped yellow onion

½ cup chopped green bell pepper

1 cup + 2 tablespoons low-sodium vegetable broth

2 large baked and chilled russet potatoes, chopped

1 15.5-oz. can no-salt-added cannellini beans, undrained

1 4-oz. can mild green chiles

2 cups fresh or frozen roasted corn

2 bay leaves

½ teaspoon dried dill weed

½ teaspoon dried thyme

¼ teaspoon ground nutmeg

1 cup unsweetened, unflavored plant-based milk

¼ cup raw cashews

¼ cup nutritional yeast

½ teaspoon sea salt

¼ teaspoon freshly ground black pepper

¼ cup chopped fresh chives

Dairy-Free Potato Corn Chowder

Looking for a nourishing, family-friendly weeknight meal for when you're tired and hungry? This creamy corn chowder has you covered. The cozy stew features kitchen staples such as fire-roasted corn, dried dill and thyme, and leftover [baked potatoes](#). (Fun fact: Potatoes that have been cooked and cooled have more [resistant starch](#) than freshly cooked potatoes, making them a boon for gut health.) For a thinner soup, add more water or plant-based milk at the end. Bon appetit!

Tips

How to bake a potato: Wash large russet potatoes, cutting away any sprouting eyes or dark spots. Pat potatoes dry and poke them with a fork on all sides. Bake in a 400°F oven for 1 hour or until a fork easily pierces through centers. Chill for up to 4 days until ready to use. For more spud-baking know-how, check out our handy guide to cooking the perfect [baked potato](#).

Can you freeze corn chowder? Yes! Portion into air-tight containers and freeze, ready to pull out for a heat-and-eat meal.

For more inspiration, check out these tasty ideas:

- [Easy Vegan Corn Chowder](#)
- [Roasted Vegetable Chowder](#)
- [Mexican-Spiced Roasted Red Pepper and Corn Soup](#)
- [Zucchini, Corn, and Black Bean Soup](#)

By Rachael J. Brown

- 1 In a large pot combine onion, bell pepper, and 2 tablespoons of the vegetable broth. Cook over medium until onion is tender and starts to brown. Add the remaining 1 cup broth and the next eight ingredients (through nutmeg). Cook 10 minutes or until soup comes to a slow rolling boil; reduce heat. Simmer, uncovered, 15 to 20 minutes or until flavors merge. Remove and discard bay leaves.
- 2 Carefully transfer 2 cups of the soup to a high-speed blender. Add the next five ingredients (through black pepper). Cover and blend until creamy. Stir mixture into soup pot. Top servings with chives.