

# Vegetable Chowder

Swick

Makes 9 cups | Active Time: 30 minutes | Total Time: 35 minutes

## Chef's Notes

Suggested adult serving: 3 cups; 1 apple

Store any leftover chowder in an airtight container in the refrigerator for up to 3 days.

### RECIPE TIPS

**Unflavored Plant Milk:** Plant milk is the term we use to describe the plant-based milk of your choice. Rice, oat, hemp, almond, and soy milk are all varieties of plant milk. Look for unsweetened, unflavored plant milks.

**Arrowroot Powder:** If arrowroot is unfamiliar or unavailable to you, you can substitute cornstarch or tapioca starch. If using cornstarch, be sure to boil the mixture for 1 minute to eliminate the starch taste. If using tapioca, double the quantity for similar thickening results.

## Step 1: Make the Chowder

- 36 fl oz unflavored plant milk (divided) (≈4 1/2 cups)
  - 1 lb + 2 oz potatoes scrubbed & cut into medium dice (≈3 cups)
  - 12 oz sweet potatoes scrubbed & cut into medium dice (≈2 1/4 cups)
  - 12 oz frozen mixed vegetables (≈3 cups)
  - 3/4 yellow onion chopped (≈3/4 cup)
  - 1 1/2 dried bay leaves
  - 3/4 teaspoon dried thyme
  - 3/4 teaspoon dried dill
  - 3 oz baby spinach (≈4 cups)
  - 2 tablespoons arrowroot powder (or cornstarch)
  - freshly ground black pepper
  - sea salt
  - FOR SERVING
  - 3 tablespoons scallions (optional) (white & green parts) sliced
  - 3 apples, cored and sliced
- In a stockpot over high heat, combine 4 1/4 cups plant milk, all potatoes, mixed vegetables, onions, bay leaf, thyme, and dill. Cover and bring to a boil. Reduce heat to medium-low and simmer until potatoes are tender, 10 to 15 minutes.
- Add spinach and cook until wilted, 1 to 2 minutes. In a small bowl, combine remaining plant milk and arrowroot.
- Add to soup. Increase heat to high and bring to a boil; cook for 1 minute. Season with salt and pepper to taste. Remove and discard bay leaf.
- Sprinkle with scallions, if desired, and serve alongside apples.