

Dairy free Corn & Potato Chowder



Ingredients

- 3 ears fresh corn
- 4 slices center cut bacon omit if vegetarian
- 1-2 teaspoons bacon fat or avocado oil
- vegetarian use avocado oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 teaspoons vegan butter or coconut oil
- 2 teaspoons almond flour

- 4 large red potatoes, peeled and chopped into 1 inch cubes
 - 32 ounces low-sodium vegetable stock or homemade vegetable stock ●
- 1 cup water
- 1 bay leaf
 - 2 sprigs fresh thyme can use 1 teaspoon dried thyme
 - salt and pepper, to taste

Preparation

1. Remove the corn kernels from the cobs. Set aside.
2. In a soup pot, over medium heat cook the bacon until crispy. Remove bacon, set aside.
3. Discard all but 2 teaspoons of the bacon fat.
4. *Vegetarian - omit the above and heat Avocado Oil.
5. Add the diced onion and saute for about 2 minutes. Add in the garlic, saute until onions soft.
6. Stir in and melt the vegan butter or coconut oil. Add in the almond flour. Stir to combine the flavors and the flour will absorb into the veggies. About 2 minutes.
7. Add the cubed potatoes and the corn kernels. Give everything a good stir. Add in the corn cobs, vegetable stock, water, bay leaf, thyme, and season with salt and pepper.
8. Cover pot with a lid, reduce heat to low. Simmer for about 30 minutes or until potatoes are tender. Stir about every 10 minutes.
9. Remove and discard the cobs and bay leaf.
10. Remove about 1 to 1 1/2 cups of soup, including the veggies and puree the soup until smooth. I use an immersion blender, a food processor or blender can be used.
11. Add the pureed soup back into the pot. Check seasoning, adjust if needed. Serve hot