



Grammie's Vacation Chowder

This soup has become a tradition on my family's annual winter weekend getaway. My mom made it our first year and Erin happily lived on it because she had just had her wisdom teeth out. Since then, the kids have asked for it every year - even Michael!

- 1 small onion
- 3 cloves of garlic
- 3 stalks of celery, diced
- 1 potato chopped (Yukon gold is best!)
- 3 sweet potatoes
- 2 ½ cups water or vegetable broth
- 2 ½ cups plant milk such as unsweetened soy or oat
- 2 cups kernel corn (fresh or frozen)
- 2 tsp dried parsley
- 1 tsp black pepper
- 1 bay leaf
- dash of cayenne pepper

Saute celery, onion and garlic in a stockpot or large saucepan until soft, adding a tablespoon of water at a time to keep from sticking. Add potatoes and liquids and bring to a boil. Reduce heat and simmer for about 10 minutes.

Using a potato masher, mash the vegetables leaving some pieces whole.

Add the remaining ingredients. Return to a boil and then reduce to simmer for 5-10 minutes or until ready to eat.

Serve with some leafy vegetables or salad. Enjoy!