



Be the Change Corn Chowder

Courtesy of [Southern Vermont Sister District](#)

- makes 4 quarts -

Ingredients

- ¼ cup Extra virgin olive oil
- 3 medium, chopped (3 cups) onions
- 7 cloves, minced or pressed (5 TBSP) garlic
- 4 or 5 ribs, chopped (2 cups) celery
- 4 medium, diced (4 cups) White/yellow potatoes
- 7 cups (approximately 2 bags, 16 oz each) Corn, frozen
- 1 large, diced (2 cups) Red pepper
- 1 ½ tsp Celery salt
- 4 tsp Salt
- 1 ½ tsp Paprika
- 3 Tbsp Sherry vinegar or white vinegar
- 5 cups water
- 2 cans, 14 oz each Light coconut milk
- ½ tsp Black pepper

Instructions

1. Use a big enough pot - 25% larger than the soup you are making
2. Heat the olive oil in a large pot over medium heat. Add the onion and 2 tsp salt.
3. Cook until soft, then add garlic, celery, potatoes. Stir.
4. Add the corn, and stir until no longer frozen.
5. Add the red pepper, celery salt, paprika, 2 more tsp salt, black pepper, and stir.
6. Cook until the potatoes are slightly softened, about 5 minutes, then add vinegar, water, and coconut milk.
7. Cover and bring just to a boil. Then cook on low until potatoes and celery are tender, 20 to 30 more minutes.
8. Let cool slightly, then transfer **half** the soup to a blender. Blend until creamy then return it back to the pot and stir. **YOU ARE ONLY BLENDING HALF THE SOUP.**
9. Taste and adjust seasonings
10. *Enjoy!*

