



**GREEN
CHEF**

CREAMY CORN & POTATO CHOWDER

with carrots, roasted red peppers & homemade multigrain croutons

COOK TIME
40 MIN

SERVINGS
2

CALORIES PER SERVING
770

MENU
VEGAN

Tonight's one-pot vegan chowder is the definition of comfort food. It's brimming with tender veggies — sweet corn, savory yellow potatoes, and roasted red peppers, to name a few. Instead of heavy cream, a vegan-friendly coconut cream is added to the broth, giving the soup subtle sweetness and rich silkiness. Toasty multigrain croutons, seasoned with nutritional yeast, make an irresistible topping. Soup's on!

INGREDIENTS (11 ITEMS)

9 oz **Yellow potatoes**
 ¼ oz **Garlic**
 1 whole **Multigrain mini loaf** W
 4 ¼ oz **Carrots**
 1 ½ tbsp **Seasoned nutritional yeast**
 4 ¾ oz **Corn**
 2 ¼ oz **Roasted red peppers**
 2 tbsp **Flour** W
 1 tsp **Paprika & orange spice blend**
 1 whole **Mushroom stock concentrate**
 6 oz **Coconut cream with corn** T

WHAT YOU'LL NEED

large pot with lid
 baking sheet
 medium bowl
 measuring cup & spoons
 oven mitt
 cooking oil
 salt & pepper

ALLERGENS

W WHEAT
T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Small dice **yellow potatoes*** into pieces, about ¼ inch each.
- Mince **garlic**.
- Large dice **multigrain mini loaf** into pieces, about ¾ inch each.

**The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START CHOWDER

- Heat 2-3 tablespoons cooking oil in a large pot over medium-high heat. Add **potatoes** and **carrots** to hot pot. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook about 5 minutes, stirring occasionally.
- Reduce heat to medium. Add **garlic**. Season with about half of the **seasoned nutritional yeast**. Cook about 2 minutes, or until garlic is fragrant, stirring occasionally.
- Add **corn**, **roasted red peppers**, and **flour**. Season with **paprika and orange spice blend**, about ½ teaspoon salt, and a pinch of pepper. Cook about 1 minute, stirring frequently.
- Carefully add 2 cups water and **mushroom stock concentrate**. Stir to combine. Bring to a boil, then reduce heat to medium-low. Cover pot with lid. Simmer 7-9 minutes, or until potatoes are fork-tender, stirring occasionally. (You'll finish the chowder in Step 4.)

3

MAKE CROUTONS

- Place **bread** in a medium bowl. Drizzle with about 1 tablespoon cooking oil. Season with remaining **nutritional yeast**, about ¼ teaspoon salt, and a pinch of pepper. Stir to coat.
- Spread **bread** out in a single layer on a foil-lined baking sheet. Bake 5-8 minutes, or until croutons are crisp and lightly browned.

4

FINISH CHOWDER

- Add **coconut cream with corn** to pot with **chowder**. Simmer 2-3 minutes, or until coconut cream is warmed through, stirring occasionally. Salt and pepper to taste.* Stir to combine.

**Taste the chowder after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

5

PLATE YOUR DISH

- Divide **creamy corn and potato chowder** between bowls. Top with **multigrain croutons**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (519g)

Amount per serving

Calories 770

	% Daily Value*
Total Fat 33g	42%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2280mg	99%
Total Carbohydrate 103g	37%
Dietary Fiber 12g	43%
Total Sugars 20g	
Includes 1g Added Sugars	2%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 107mg	8%
Iron 7mg	40%
Potassium 1363mg	30%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Corn [corn], **Coconut Cream With Corn** (Corn [corn], Coconut Milk [organic coconut, coconut extract, water, organic guar gum], Lemon Juice [lemon], Ascorbic Acid [ascorbic acid], Granulated Garlic), **Yellow Potatoes**, **Garlic**, **Roasted Red Peppers** [bell pepper], **All-Purpose Flour** [bleached wheat flour, malted barley flour, niacin, iron, thiamini monoitrate, riboflavin, folic acid], **Paprika & Orange Spice Blend** (Sweet Paprika, Smoked Paprika, Dried Orange Peel, Dried Parsley, Sea Salt, Black Pepper), **Carrots**, **Mushroom Stock Concentrate** [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], **Multigrain Mini Loaves** [unbleached enriched flour (wheat flour, malted barley flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), water, whole wheat flour, canola oil, molasses, granulated sugar, salt, dough conditioner, dough conditioner (soy protein, monglycerides, modified cellulose salt, soybean oil, soy lecithin) cultured wheat flour, yeast, dough conditioner (wheat, flour, soybean oil, enzymes), wheat gluten, wheat bran, natural enzymes], **Seasoned Nutritional Yeast** (Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Onion Powder, Granulated Garlic, Dried Parsley)

Allergen information:

Contains Wheat, Soy And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.