



**GREEN
CHEF**

CREAMY CORN & POTATO CHOWDER

carrots, roasted red peppers, homemade croutons

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

740

MENU

VEGAN

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

INGREDIENTS (11 ITEMS)

12 oz	Yellow potatoes
¼ oz	Garlic
1 whole	Demi baguette <small>S W</small>
4¼ oz	Carrots
1½ tbsp	Seasoned nutritional yeast
4¾ oz	Corn
2¼ oz	Roasted red peppers
2 tbsp	Flour <small>W</small>
1 tsp	Paprika & orange spice blend
1 whole	Mushroom stock concentrate
6 oz	Coconut cream with corn <small>T</small>

WHAT YOU'LL NEED

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

ALLERGENS

S SOY
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 **demi baguette** 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** and about half 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 crisp and lightly browned.



4

FINISH CHOWDER

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

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



5

PLATE YOUR DISH

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



Nutrition Facts

2 Servings per container

Serving size (509g)

Amount per serving

Calories 740

	% Daily Value*
Total Fat 31g	40%
Saturated Fat 8g	40%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2170mg	94%
Total Carbohydrate 106g	39%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 1g Added Sugars	2%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 99mg	8%
Iron 8mg	45%
Potassium 664mg	15%

* 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 [coconut milk, water, xanthan gum], Lemon Juice [lemon], Ascorbic Acid [ascorbic acid], Granulated Garlic), **Yellow Potatoes**, **Garlic**, **Roasted Red Peppers** [bell pepper], **All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, 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], **Demi Baguette** [enriched wheat flour (wheat flour, malted barley flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, base (salt, soybean oil, dextrose, sugar, defatted soy flour, mono- diglycerides, calcium, stearyl lactylate, potassium iodate, soy lecithin, ascorbic acid (vitamin c), enriched wheat flour, l-cysteine hydrochloride, enzymes (wheat)), soybean oil, wheat gluten, yeast, corn meal], **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 Soy, Wheat 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.