

# Corn Chowder

(Serves 5)

1 tablespoon oil  
1 onion, chopped  
2 cups water  
2 stalks celery and 2 carrots, chopped  
2 17-ounce cans vegan creamed corn  
1 cup soymilk  
1 potato, chopped  
1-1/2 teaspoons garlic powder  
1/4 teaspoon nutmeg  
salt and pepper to taste



Sauté onion in oil over medium-high heat until soft. Add water and chopped celery and carrots. Cook 10 minutes. Add creamed corn, soymilk, chopped potato, and spices. Continue cooking for another 10 minutes. Serve hot.

Recipe from *Simply Vegan*, by Debra Wasserman.