

Yielded: 4 Quarts... No animal products... No added oils/fats... No cholesterol...

This was a very successful attempt to create a plant-based version a favorite chowder from Duke's of Seattle/Tacoma.

INGREDIENTS:

- 5 lbs. red potatoes, diced
- 2 medium-sized onions – 1 red, 1 white/yellow
- 1 bunch of green onions/scallions, chopped
- 8 cloves of garlic, finely chopped or minced
- 2-3 cups of celery, chopped
- 16 oz oyster and/or shitake mushrooms, finely chopped
- 4 cups (32 oz) vegetable and/or mushroom broth
- 4 cups (32 oz) plant-based beverage (i.e. “milk”)
- 1 ½ tsp basil
- 1 ½ tsp thyme
- 1 ½ tsp marjoram
- 1 ½ tsp black pepper
- 3 tbsp parsley
- 3 tsp dill
- Braggs® Liquid Aminos (add to taste)
- Stubb's® Liquid Smoke
- 2 tsp Braggs® Sea Kelp Delight seasoning
- 4 tbsp Braggs® Nutritional Yeast
- potato flakes/buds (add to taste/texture)

STEPS:

Immersed potatoes in water, brought to boil and cooked for 5 minutes/until tender.

Rinsed and covered cooked potatoes in cool water.

Sautéed mushrooms with a splash of broth, liquid aminos, and liquid smoke now and then to prevent scorching.

Added onions, garlic and celery.

Sautéed with more broth until tender.

Added all dry seasonings.

Simmered for another 5 minutes.

Added the potatoes.

Added remaining liquids.

Simmered for 2 – 4 hours on “LOW/SLOW COOK.”

Added potato flakes and liquid aminos to taste and texture.

Ladled into wide shallow bowls to served immediately.

Tasted chowder to realize I had again made the healthiest “clam chowder” on the planet. Did I miss all the oil, the fat, the dairy, the clams? Still, no.

Treated myself to a couple of bowls.

NOTES/IDEAS for FUTURE: Corn? Chopped nori/dried seaweed? Dulce flakes?