

Autumn Chowder

Ingredients:

- 1 tbsp. extra virgin olive oil
- 1 onion, diced
- 1 tbsp. all purpose flour
- 32 oz. low sodium vegetable broth
- 4 red potatoes
- 2/3 cup soy milk, plain
- 2 cup frozen corn
- 1 cup frozen peas
- 2 cup fresh carrots, chopped
- 2 garlic cloves
- 4 tbsp. nutritional yeast flakes
- 1/4 tsp. cayenne pepper
- 1/2 tsp. salt
- 1 tsp. ground black pepper



Nutrition Facts

Serving Size 1 1/2 cup (340g)
Servings Per Container 10

Amount Per Serving

Calories 190 Calories from Fat 20

% Daily Value*

Total Fat 2.5g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 350mg 15%

Total Carbohydrate 38g 13%

Dietary Fiber 6g 24%

Sugars 7g

Protein 7g

Vitamin A 90% • Vitamin C 30%

Calcium 6% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. In a large saucepan over medium high heat add olive oil and sauté onion about 5 minutes, until tender.
2. Mix in flour, coating the onion. Add broth and bring to a boil, whisking constantly until smooth.
3. Reduce heat, add potatoes and simmer 20 minutes until tender. Slightly mash potatoes in soup, then stir in corn, peas, carrots and soy milk.
4. Cook another 5 minutes, remove from heat Season with salt and pepper.