

## Chunky Vegetable Chowder



### Makes:

12 servings

### Utensil:

Saladmaster Food Processor  
7 Qt./6.6 L Roaster with Cover

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### Recipe:

### Contributed By:

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### Recipe Description:

Chowder is rich, creamy and full of good quality protein with the addition of cannellini beans and almond milk. You won't even miss the added fat and calories that come with the traditional butter and cream that is usually added to chowders. This satisfying soup is also vegetarian and dairy free. Choose whatever winter squash is available in your local market - delicata, Hubbard, butternut or acorn.

2 cloves  
garlic, peeled and shredded, use Cone #1  
1 large  
onion, peeled and sliced, use Cone #4  
2 stalks  
celery, sliced, use Cone #4  
2 cups  
potato (red potato, Yukon gold or small new potato), sliced, use  
Cone #4  
(330  
g)  
2 cups  
winter squash, peeled, seeds removed, sliced, use Cone #4  
(280  
g)  
1/2 teaspoon  
thyme, dry  
(1  
g)  
1/2 teaspoon  
sage, dry  
(1  
g)  
1 teaspoon  
natural salt  
(6

g)  
 3 cups  
 water or vegetable stock  
 (700  
 mL)  
 2 cups  
 almond milk  
 (480  
 g)  
 15 ounces  
 cannellini beans, drained and rinsed  
 (425  
 g)  
 $\frac{1}{4}$  teaspoon  
 nutmeg, ground  
 (1  
 g)  
 $\frac{1}{2}$  cup  
 parsley, fresh, chopped  
 (30  
 g)

#### Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on roaster skitter and dissipate, add garlic, onions and celery and sauté until veggies are softened, approximately 15 minutes.
2. Add potatoes, squash, thyme, sage, salt, water or stock, and almond milk; stir to combine.
3. Place cover on roaster. When Vapo-Valve™ clicks, reduce heat to low and cook for 15 minutes.
4. Add cannellini beans and nutmeg, replace cover, and cook for an additional 20 minutes or until vegetables are very soft.
5. Remove 2 cups, 20%, of soup from roaster and blend until smooth, add back to roaster and stir to combine. Alternately, use a stick or immersion style blender to blend some of the vegetables directly in roaster.
6. Add chopped parsley right before serving, taste and adjust seasonings as necessary.

#### Tips:

- Substitute garnet yams or sweet potato for winter squash.
- When using stock in this recipe in place of water, adjust salt accordingly as each brand differs in sodium content.
- Add chopped, cooked, crispy turkey bacon to soup portions for a non-vegetarian option or let diners add it themselves.
- Use pre-peeled and diced winter squash, available in many markets in refrigerator section to save time.
- Generally a kid-friendly recipe.

#### Nutritional Information per

##### ▼ Serving

**Calories:** 181  
**Total Fat:** 1g  
**Saturated Fat:** 0g  
**Cholesterol:** 0mg  
**Sodium:** 293mg  
**Total** 34g  
**Carbs:**  
**Dietary Fiber:** 7g  
**Sugar:** 3g  
**Protein:** 11g