



ROASTED POTATO, CORN, and LEEK CHOWDER

INGREDIENTS

- 2 medium potatoes, or 4-6 small potatoes, cut into 1-inch cubes
- 2½ tablespoons extra-virgin olive or coconut oil
- Sea salt
- Pepper
- 2 cups sliced leeks, white and light green parts only (about 3 leeks), or 1 medium yellow onion, chopped
- Kernels from 3 ears cooked corn (about 2¼ cups kernels)
- 2 garlic cloves, minced
- 1 cup canned full-fat coconut milk
- 2 cups veggie broth, plus more if needed



INSTRUCTIONS

1. Pre-heat the oven to 425 degrees and line a baking sheet with parchment paper. Toss the potatoes with a little olive or melted coconut oil and salt and pepper. Roast them on the baking sheet until they are tender and slightly browned, about 30-40 minutes. (Check them at the 30 minute mark, peeps.)
2. Meanwhile, place a medium Dutch oven or sauté pan over medium heat and add 1½ tablespoons of olive oil. When the oil is hot and shimmering, add the leeks and sauté until they're soft, about 5 minutes. Add the corn and garlic and sauté for another 3-5 minutes. Scoop out about 1/3 cup of the sautéed mixture and set it aside. Add the coconut milk and veggie broth to the pot and simmer for another 5 minutes.
3. When the potatoes are ready transfer 1/3 cup of them to the reserved sautéed mixture.
4. Add the remaining potatoes to the pot and simmer for 5 minutes more. Puree the soup using an immersion blender, or transfer everything from the pot to a high-speed blender and blend until smooth. Add more veggie broth if you like- I prefer this soup on the thick side. Salt to taste.
5. When you're ready to serve, transfer the soup to individual bowls and garnish with a little of the reserved potato, corn and leek mixture on top.

Notes:

If you're eating this the next day, make sure to stir in a little veggie broth while heating it up to get it back to the original consistency.