

Amaranth Corn Chowder

Amaranth is a sweeter grain, gluten free and high in iron. This chowder recipe comes directly from GoGo Quinoa Amaranth package. A hearty and delicious corn chowder.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 10 mins

Cooking time: 20 mins

Category: Entrees

Complexity: Moderate

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Olive oil	3 tablespoon
Leeks, raw	1 each
Onion, white, yellow or red, cooked	1 medium - 2 1/2" diameter
Garlic, fresh	1 clove
Celery, cooked	2 medium - stalk - 7 1/2" to 8" long
Red bell peppers, cooked	2 medium - 2 1/2" diameter x 2 3/4"
Amaranth, cooked	1 cup
Vegetable broth, bouillon or consomme	3 cup
Thyme, dried	0.25 teaspoon
Salt, sea salt	1 dash
Black pepper, ground	1 dash
Corn, yellow, cooked from frozen, whole kernel	4 cup
Soy milk, plain or original, unsweetened, ready-to-drink, enriched	1 cup
Parsley, fresh	4 sprig

Instructions

1. In a large pot heat oil over medium heat. Stir in the onions, garlic, leeks, celery and red pepper. Stir frequently until the vegetables soften - about 3 -5 minutes.
2. Stir in the amaranth and 3 cups of broth (or water). Bring to boil over high heat. Stir in thyme, salt and pepper. Reduce heat slightly and cook to a gentle boil, partially covered for 15 minutes.
3. In a blender or food processor puree 3 cups of the corn kernels with 1 cup of water or broth (if frozen I thaw or cook them first).
4. Stir the corn puree and remaining 1 cup of corn kernels into the soup.
5. Add salt to taste. Reduce heat and simmer for 5 minutes more or until the amaranth is tender.
6. Stir in the soy milk (or another nut milk).
7. Divide into portions and garnish with fresh parsley.