

Creamy Corn Chowder with Tempeh Chorizo

Amy Symington

Preparation Time: 15 minutes
for 6 servings and 30 minutes for
24 servings

Cooking Time: 40 minutes for 6
servings and 50 minutes for 24
servings

- Preheat oven to 350°F (175°C)
- Equipment: baking sheets, parchment paper

Ingredients

6 servings

2 tsp (10 ml) grapeseed oil
1 cup (160 g) diced onion
3 cloves (12 g) garlic, minced
1 cup (160 g) diced carrots
2 cups (230 g) diced celery
2 tsp (4 g) cumin
2 tsp (5 g) paprika
2 cups (290 g) diced white potatoes
1½ cups (375 ml) diced tomato (fresh or canned)
3 cups low sodium vegetable stock or water
1½ cups (200 g) corn niblets, fresh or frozen
1 x 400 ml can coconut milk
2 tsp (1 g) lime zest
2 tbsp (30 ml) fresh lime juice
¾ tsp (3.75 g) salt
¼ tsp (1 g) black pepper
¼ tsp (0.5 g) cayenne (optional)

Garnish

¼ cup thinly sliced chives

24 servings

3 tbsp (45 ml) grapeseed oil
4 cups (640 g) diced onion, approximately 3
onions
12 cloves (48 g) garlic, minced
4 cups (675 g) diced carrots
8 cups (910 g) diced celery
3 tbsp (15 g) cumin
3 tbsp (20 g) paprika
8 cups (1.1 kg) diced white potato
6 cups (1.5 L) diced tomato (fresh or canned)
3 L low sodium vegetable stock or water
6 cups (800 g) corn niblets, fresh or frozen
3 x 400 ml cans coconut milk
3 tbsp (7 g) lime zest
½ cup (125 ml) fresh lime juice
1 tbsp (15 g) salt
1 tsp (1 g) black pepper
1 tsp (0.5 g) cayenne (optional)

Garnish

1 cup thinly sliced chives

Directions

1. In a large stock pot over medium-high heat, add oil. Once heated add onion and sauté until translucent, about 3 minutes (7 minutes if making 24 servings).
2. Stir in garlic, carrots, and celery and sauté until soft, about 3 to 5 minutes (10-12 minutes if making 24 servings).
3. Add cumin and paprika and sauté until fragrant, about 2 to 3 minutes.

4. Stir in potatoes and tomatoes.
5. Pour in vegetable stock or water and scrape the bottom of the pot for any stuck pieces. Bring chowder to a boil and continue to cook until potatoes are soft, about 20 to 25 minutes.
6. Meanwhile, make tempeh chorizo (see recipe).
7. Next add the corn niblets and cook for another 2 minutes or until niblets are tender.
8. Stir in coconut milk, lime zest and juice and season with salt, pepper and cayenne (if using).
9. Remove from heat. Top with chives and a sprinkle of tempeh chorizo (See recipe) and serve.

Tempeh Chorizo

Amy Symington

Ingredients

6 servings

100 g tempeh, crumbled
1½ tsp (8 ml) grapeseed oil
1½ tsp (8 ml) tamari
½ tsp (1 g) smoked paprika
¼ tsp (1 g) garlic powder
¼ tsp onion powder
1/8 tsp cayenne pepper
1/8 tsp sea salt
1/8 tsp black pepper

24 servings

1 (400g) block of tempeh, crumbled
2 tbsp (30 ml) grapeseed oil
2 tbsp (30 ml) tamari
2 tsp (5 g) smoked paprika
1 tsp (3 g) garlic powder
1 tsp (4 g) onion powder
¼ tsp cayenne pepper
¼ tsp (1 g) sea salt
¼ tsp black pepper

Directions

1. Preheat oven to 350°F (175°C) and line a baking sheet(s) with parchment paper.
2. In a large bowl thoroughly combine all ingredients until tempeh is completely coated.
3. Spread evenly on to baking sheet(s) and bake in oven until fragrant, about 10 to 15 minutes.

Nutritional Information

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) par 1 tasse (250 mL)	
Calories 310	% Daily Value* % valeur quotidienne*
Fat / Lipides 19 g	25 %
Saturated / saturés 13 g	65 %
+ Trans / trans 0 g	
Omega-3 / oméga-3 0.1 g	
Carbohydrate / Glucides 30 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 0 mg	
Sodium 500 mg	22 %
Potassium 650 mg	14 %
Calcium 100 mg	8 %
Iron / Fer 4 mg	22 %
Vitamin A / Vitamine A 250 mcg	28 %
Vitamin C / Vitamine C 24 mg	27 %
Vitamin E / Vitamine E 1.75 mg	12 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Intro: Even if you and your meal mates aren't in the mood to celebrate, this chowder will inevitably change your minds. Hearty, satiating, and extraordinarily flavourful – it is a meal in a bowl that you will happily request seconds of. And visually it is nothing short of stunning. It is a conversation starter and ender and a freezer friendly recipe that people will request again and again. Nutritionally speaking it is a source of potassium, calcium, and vitamin E, a high source of fibre, iron, free radical fighting vitamins A and C and is packed with probiotics via fermented tempeh.

Symbols: good for fall and winter, high source of fibre, good for bowel motility, freezable, gluten free, nut free

Functional foods present: allium vegetables (onions, garlic, chives), orange vegetables (carrots), corn, spices, citrus fruit (lime), probiotics (fermented soy: tempeh)

Examples of phytonutrients and anti-oxidants present: allicin (onions, garlic), carotenoids (orange vegetables), vitamin C (citrus fruit), carotenoids (corn)

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Chef Amy Symington is Gilda's Club Toronto's Nutrition Coordinator and a George Brown College Chef. All author proceeds from The Long Table Cookbook are being donated to Gilda's Club Greater Toronto to support their important social, emotional and nutritional programming.

“In the nutrition world, it is becoming more and more apparent that we do, in fact, have a say in how our health turns out. Sound nutrition, which includes whole, plant-based foods, is more important than is sometimes credited by your average healthcare institution. Supplying the general population with the practical tools to steer themselves and their loved ones toward optimal health is what I strive for every day of my wonderful existence. My aim is to inspire.”

– Amy Symington