

# sunshine chowder

**Makes 6 servings**

RECIPE ADAPTED FROM: [Vegetarian Mamma](#)

PREP TIME: 10 minutes

COOK TIME: 30 minutes

- 
- 1 Tbsp olive or avocado oil
  - 1 yellow onion, diced
  - 2 garlic cloves, minced
  - 4 celery ribs, diced
  - 1 yellow bell pepper, diced
  - 3-4 small yellow potatoes, peeled and diced
  - 2-3 yellow summer squash, cut into half moons
  - 2 cups corn kernels, fresh or frozen
  - 1 tsp smoked paprika
  - ¼ tsp crushed red pepper
  - 2 cups vegetable broth
  - 14 oz can full fat coconut milk
  - salt, to taste
  - green onions, diced (for garnish, optional)
- 

HEAT oil over medium heat in a soup pot. Once hot, add onion and saute until soft, 3-5 minutes.

ADD garlic and cook for 30-60 seconds.

ADD celery, bell pepper, potatoes, squash and corn.

STIR to combine and cook for about 5 minutes.

ADD vegetable broth, coconut milk, paprika and crushed red pepper, stirring to combine.

BRING to a boil and simmer for about 15 minutes, or until potatoes are cooked through.

REMOVE from heat.

BLEND soup in pot with an immersion or stick blender or transfer soup to a high-speed blender. Blend until smooth.

TASTE and add salt as needed.

TOP with diced green onions, if desired.

