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MOUTH
WATERING
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Express Cozy Chowder

This is a fast and easy to make Chowder – I made it because it was a little cold this evening, and I fancied something a little different. This is the best vegetable-based chowder ever, and will be a staple amongst those wishing to serve something very flavourful and comforting – ideal towards the end of the winter – to mark the end of it, and the beginning of the new season ahead.

My last winter soup for 2013, but oh so very, very special ! Enjoy !

INGREDIENTS

1¼ cups pre-soaked raw cashew nuts (I soaked them overnight)

3 cups (750 mL) non-dairy unsweetened milk

1 tsp vegetable stock powder, or granules ([Kallo](#) or other)

2 Tbsp [nutritional yeast](#)

½ tsp turmeric powder

3 Tbsp grated vegan cheese of your choice

salt to taste

1 cup (250 mL) water

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Shares $\frac{1}{4}$ cup flat leaf fresh parsley, roughly chopped

tsp lemon or lime juice

cup sweetcorn

leek, chopped

large carrot, sliced

1 portobello mushroom, cut into medium to small pieces

2 shallots, chopped

olive oil

extra flat leaf parsley, finely chopped



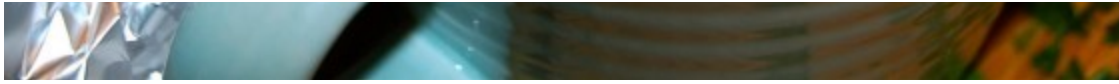
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METHOD

1. Firstly, place your chopped leeks and carrot in a steamer, steam until tender, and set aside.
2. Next, heat up a little olive oil in the saucepan you are going to use for the soup, and gently fry the shallots and the mushroom, stirring frequently until it sweats nicely and tenderizes a little.
3. Now in a food processor, process the nuts and all the ingredients (except for the parsley), with half the liquids until very smooth. Then add the remaining liquid and the parsley, and process for another half minute.
4. Finally, pour this mixture in with the mushroom and shallots in the saucepan, add your carrots and leeks to this mixture, and spoon in the sweetcorn.
5. Heat up gently, garnish with the finely chopped parsley, and serve immediately with some crunchy warm bread. Oh the comfort and taste !





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PLEASE SCROLL DOWN TO THE COMMENT BOX AT THE BOTTOM OF THIS PAGE TO LEAVE YOUR COMMENT ON THIS RECIPE. THANK YOU.



My Vegan Burger King

Wildest Mushroom & Spinach Lasagna With A Creamy Cheese & Spiced Mustard Sauce



39 COMMENTS



Jennifer

April 10, 2013 at 2:31 pm

What is the measurement for the cashews? Sounds yummy!

**Miriam***April 10, 2013 at 3:18 pm*

Jennifer Hi there – the measurement for the cashews has been adjusted as forgot to say 'cups' – it's very easy to make and I will look forward to your feedback on my blog as and when you have tried it ! Cheers your way in the meantime.

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Shares**Tirill***April 10, 2013 at 3:32 pm*

Dear Miriam! I just tried this recipe, as it saw it on fb the moment I was thinking about what to make for dinner. I had almost all ingredients at hand, so the choice was easy! And I must say, this is one of the most tasty soups I've ever tried! It will definitely make it again... and again.. Thanks!

**Miriam***April 10, 2013 at 4:36 pm*

Hi there Tirill, you have won the record for fastest recipe post made, done and tasted since I started my blog congrats. I am honestly delighted that you love this, I must confess it is one of the best I have ever tasted too ! I will be also making it again and again. I very much look forward to your future comments and feedback on my site. Best wishes your way in the meantime. 😊

**Marijke***April 10, 2013 at 10:43 pm*

Just love this recipe... I had had to sub quite a number of things.... put asparagus instead of shallots and dried parsley instead of fresh and canned mushrooms instead of fresh...etc.....

but it still turned out soooo delicious !!! I can't wait to try it with all the correct ingredients.

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Tirill

April 11, 2013 at 8:04 am

That is funny, Miriam, I guess it all went kind of quick yesterday! You have greetings from my friend (he's Greek as well), he enjoyed the rest of the soup later that evening.



Miriam

April 11, 2013 at 1:52 pm

That's super news Tirill and thanks for dropping by, so glad it was enjoyed. Best your way !



Miriam

April 11, 2013 at 2:34 pm

Glad you enjoyed it though Marijke ! I look forward to your future comments on my blog !



Terry

April 11, 2013 at 7:33 pm

Miriam...I have to try this...I have missed clam chowder since I have been trying to keep kosher...this looks sooooo good!!! thank you, thank you and thank you...T



**Miriam***April 12, 2013 at 8:29 am*

Terry do try it and get back to me with your feedback as and when. Cheers your way in the meantime! 😊

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Shares**Yasmine***April 14, 2013 at 12:49 pm*

Hi Miriam,

I live in Australia...and I really would like to buy kallo organic low salt vegetable stock but it seems none of the uk site ships to Australia. I have a 1.5 year old and I would like to use organic low salt vegetable stock...Would you know where online I can buy Kallo? Thanks so much for your help! xoxo

**Miriam***April 14, 2013 at 1:42 pm*

Here are two links Yasmine that will help you on your vegan journey. Ebay have what you want I checked but they seem to send only to Europe. You cold ask them if they would ship this item to you. Hope this all helps. Best your way in the meantime and hope you enjoy my recipes.

<https://www.facebook.com/VeganFoodsAustralia?fref=ts>

<https://www.facebook.com/pages/Vegan-Products-you-can-buy-in-Australia/170979382913716?fref=ts>

**Yasmine***April 17, 2013 at 7:38 am*

Thanks so much Miriam...I will check this xoxo

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Miriam

April 17, 2013 at 1:41 pm

Let me know how it goes as and when Yasmine ! 😊



Tina

April 18, 2013 at 3:20 pm

We enjoyed this very much – delicious and so easy to make. I added a finely chopped clove of garlic for a little extra 'something' .. Will definitely cook again. Thanks for sharing Miriam



Miriam

April 18, 2013 at 8:54 pm

Tina Hi there and welcome here. So glad you enjoyed my Chowder and hope you enjoy many more recipes from my blog too ! I look forward to your future feedback and comments on my blog. Best to you in the meantime. ! 😊



Sharon

April 23, 2013 at 1:55 pm

The chowder was so yummy.. I made it without the nutritional yeast, because I didn't have any. We both enjoyed it, which is unusual because hubs and I have different tastes in food. I can't wait to make it again; thanks for posting this tasty chowder:)

**Miriam**

April 23, 2013 at 3:20 pm

Hi there Sharon, that sounds awesome. Be sure to add the nutritional yeast next time once you get hold of it, it gives it that extra dimension in taste ! Best wishes ans so glad you and your husband enjoyed it ! 😊

**Mary**

April 23, 2013 at 11:53 pm

This is the most incredible thing I've had since going vegan 2 years ago! It took me awhile because I hadn't prepared and I am a slow cook, but it was simply amazing, truly mouthwatering, and worth every second!! I misread the amount of cashews and used 1 1/2 cups so I had to add a little more almond milk and increase the seasonings a bit to compensate. I did everything else as directed except I doubled the nutritional yeast, the veggie broth mix, and the vegan cheese. I added 2 cloves of chopped garlic to the shallot and mushroom saute and threw a pound of asparagus cut in one inch lengths into the steamer with the carrot and shallot during the last 2 minutes of steaming. The chowder turned out thick and luscious and tasted like there was a pint of heavy cream in it, but of course, there wasn't! Because of all my additions and the miscalculation on the cashews, we ended up with quite a lot. This was a huge benefit because we're having it tonight as a kind of asparagus stroganoff over brown rice! I think since I only soaked the cashews for a few hours, they continued to thicken the mixture as it cooled, so I'm adding a bit more milk to thin it for tonight. Just HEAVENLY!!! Thank you so much! I'll serve it to company and it will be the base of many chowder and stroganoff dishes to come!

**Miriam**

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April 24, 2013 at 7:23 am

Mary Hi there and thanks for dropping by with your comment. I love the addition of asparagus, yum ! Glad it worked out. Note that cashews will thicken the consistency of any savoury dish whether you soak them for 1 hour or overnight, just to let you know about that for the future. I would love for you to taste some diverse recipes from here and let me know how they go for you ! Best wishes your way and kudos to you choosing to go Vegan ! Cheers !



penni ross

May 25, 2013 at 11:49 am

Just made your delicious chowder but tweaked it a little bit. Used coconut milk and added more corn. Also added 2 teasp. chutney and a some thai lime zest – just a very little. Doubled the mushrooms and fried them in sesame oil. Used butternut instead of carrots and blended half the vegies except the corn. Added coriander as well. It really turned out great. Thanks for the terrific recipe.



Miriam

May 25, 2013 at 12:00 pm

Glad you enjoyed it Penni – coriander is great with it, particularly because you added the lime zest etc. Hope you enjoy many other recipes from here too ! Best your way in the meantime ! 😊



Joanne

June 29, 2013 at 9:11 pm

Hi Miriam, My husband & I recently went vegan and have been perusing the web for

recipes and ideas. I came across your site and decided to try this chowder. It did not disappoint! The flavors blended up to a taste I've never quite experienced before ... and was so delicious! My husband always cooks with just plain old white onion, and even he agreed that the leeks & shallots were well worth the extra purchase. This was also the first time I have cooked with soaked cashews. I could not believe the rich flavor & thickness— this soup really does taste like it is filled with heavy cream! Thanks again, and we look forward to trying many more of your recipes.



Miriam

June 30, 2013 at 12:08 am

Joanne Hi there and welcome here. Many thanks for dropping by here with your comment and feedback. I am delighted that both you and your husband enjoyed this chowder, it is indeed rich and flavoursome ! I very much look forward to your future comments and feedback here and any questions let me know. Enjoy browsing my category section to see what takes your fancy ! Very best wishes your way in the meantime.



heather

July 18, 2013 at 6:22 pm

Hello! What is a good veg to use in place of mushrooms? I am finding them in so many recipes and feel like just omitting them may leave it flat. Is there a good substitute? This soup looks like love in a cup!



Miriam

July 18, 2013 at 6:46 pm

Heather Hi. I know the feeling – sorry to follow that with a 'BUT' but the mushrooms and sweetcorn are what make this work ! Trust me, use a little if you wish, slice them thinly, but

try to use them. If not use more of everything else and add a green veg of your choice (pre-steam it if so, my first choice would be asparagus). Let me know how it goes ! 😊

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Tirill

July 19, 2013 at 1:31 pm

Dear Miriam, is there any other nut than cashew that could work at all for this soup? And for the happy cream/milk? I enjoy it immensely as it is, but have somebody with intolerance in the family, and would like to be able to serve it anyway... as well as the happy cream based dishes from your book. It is fantastic, I received it yesterday!!



heather

July 26, 2013 at 5:12 pm

Hello! I need to tell you how this turned out. I omitted the mushrooms and just pumped everything else up, like you said. It was FANTASTIC!! I served it on a rare rainy summer evening here in San Diego. Our guest was a Soy free and Gluten free,vegan, so this soup was perfect. He was in heaven. Thank you so much for sharing this. We will make it a part of our family !



Miriam

July 27, 2013 at 11:18 am

How heart-warming to hear dear Heather – I am delighted it was enjoyed to the full extent too ! Best your way ! 😊



**Serena***October 8, 2013 at 4:27 pm*

Hi Miriam. This looks fab and will look forward to trying it at the weekend. However, is there a sub for nutritional yeast please (I live in an island off Great Britain)?

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Shares**lauren***October 8, 2013 at 4:45 pm*

Looks delicious and can't wait to make it! P.S. where's the celery? That's likenone of the most important veggies for any soup, especially a chowder! ♥

**Miriam***October 9, 2013 at 8:54 am*

Lauren Hi, thanks for dropping by. By all means add celery if you wish. It is not obligatory to add it into every soup, and as this is an express one I left it out. Best wishes and enjoy !

**Miriam***October 9, 2013 at 8:56 am*

Serena Hi there – I understand your problem, but try and order some online, it's lightweight and soooooo very important in many dishes, once you have it you will be so happy with it and I use it a lot in my recipes. Here is a link for you !

Marigold Engevita Yeast Flakes & B12 125g

<http://www.amazon.co.uk/gp/product/B003VJSBXU?ie=UTF8&creativeASIN=B003VJSBXU&linkCode=xm2&tag=mouthwvegan-21>

**Lynn***November 3, 2013 at 6:39 am*

Doubled this recipe and made a crock pot full for a tailgate party yesterday and brought the crock pot home empty. It was delicious! Thank you for that recipe. Also easy to make.

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Shares**Miriam***November 3, 2013 at 10:52 am*

Lynn Hi. Thanks for your feedback – I am sure your efforts where appreciated, well the empty crock pot really speaks for itself really ! Well done and kudos to you for making it all up for all to enjoy ! Cheers. 😊

**Joe***November 14, 2013 at 4:52 pm*

Made this three days ago and devoured it at double speed. In fact it was so good esp with our local bread and garlic butter that I am making a second batch. And quite easy to make too.

**Miriam***November 14, 2013 at 8:59 pm*

Hi there Joe, I love this Chowder too, and yes, I have to agree that with Maltese bread the result is heavenly ! 😊

**Shannon**



October 14, 2014 at 9:11 pm

Hi! I apologize if I missed this info somewhere, but how many servings and what size servings does this make? We are a vegan family of 6 and like to make leftovers for lunch the next day...so I need to know how many times to double this lol Thanks!

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Miriam

October 18, 2014 at 11:31 am

Hi Shannon, I would double the quantity. I am always a little reluctant to say how many portions a recipe yields because people have their own preferences with regards to portion size, appetites and so on, but if you double this and make sure you've some nice bread to accompany this soup you should be fine. Hope you enjoy it !