Potato Corn Chowder

with quinoa salad

Adopted from:

### <https://my.forksmealplanner.com/recipe/34/potato-corn-chowder>

### INGREDIENTS

( marks weekend prep items)

#### FOR THE CHOWDER

1⁄2 yellow onion

 diced (≈1⁄2 cup)

1⁄2 red bell pepper

 diced (≈1⁄2 cup)

1 1⁄2 cloves garlic

 minced (≈1 1⁄2 teaspoons)

1 Yukon Gold potato peeled & diced (≈8 oz)

1⁄4 (32-fl oz) carton low-sodium vegetable broth (≈1 cup)

4 oz frozen corn (≈3⁄4 cup)

3⁄4 teaspoon mild curry powder

2 1⁄4 teaspoons raw, unsalted cashews

3⁄4 teaspoon tahini (optional)

1⁄4 cup nutritional yeast

1 1⁄2 teaspoons fresh lime juice

sea salt

freshly ground black pepper

#### FOR THE QUINOA SALAD

1⁄3 cup quinoa rinsed & drained (≈1 cup cooked)

1⁄4 tomato diced (≈1⁄4 cup)

1⁄2 mini cucumber diced (≈1⁄4 cup)

1⁄4 zucchini

 diced (≈1⁄4 cup)

1⁄8 yellow onion

 diced (≈1⁄4 cup)

1 1⁄2 teaspoons fresh lemon juice

1 1⁄2 teaspoons fresh basil (optional) finely chopped

sea salt

freshly ground black pepper

#### FOR SERVING

1 tablespoon fresh cilantro (optional) finely chopped

1 scallion (white & green parts) thinly sliced (≈1⁄4 cup)

### YOU'LL NEED

saucepan with lid
stockpot with lid
high-powered blender (or food processor)

### RECIPE TIPS

When using a blender to purée hot liquids, you may want to cover the lid with a towel to reduce the possibility of coming into contact with hot liquid or steam.

**Tahini:** Tahini is a condiment made from toasted ground hulled sesame seeds. You may find it in the international or Kosher aisles, or among the nut butters or salad dressings. **Nutritional Yeast:** Popular in plant-based cooking for its “cheesy” flavor, nutritional yeast comes in both flaked and powdered form. If you buy powdered, use ⅓ cup for every 1 cup of flakes specified in a recipe.

Of all the potatoes in the potato universe, the Yukon Gold is our favorite. It's rightfully famous for its rich, buttery flavor and texture, which makes this chowder irresistibly creamy.

### GET READY

**1**

**PREPARE GRAINS**

In a saucepan over high heat, bring **quinoa** and **2⁄3 cup water** to a boil. Reduce heat to low, cover, and simmer for 20 minutes. Remove from heat and let cool; fluff **quinoa** with a fork.

### BRING IT TOGETHER

**2**

**SAUTÉ AROMATICS**

In a stockpot over medium-high heat, sauté **onions**, **bell peppers**, **garlic**, and **1⁄4 cup water**, stirring frequently, until **onions** start to turn golden brown, about 8 minutes. Add **water** 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking.

**3**

**MAKE SOUP**

Add **potatoes** to pot, along with **vegetable broth**, **corn**, and **curry powder**; bring mixture to a boil. Reduce heat to medium, cover, and cook until **potatoes** are tender, about 20 minutes.

**4**

**PURÉE SOUP**

Transfer about one-quarter of the soup to a high-powered blender (or food processor), along with **cashews**, **tahini** (if using), **nutritional yeast**, and **lime juice**; purée until a smooth paste forms (see tip).

**5**

**FINISH SOUP**

Transfer paste and **1⁄2 cup water** back to pot and cook over low heat for 5 minutes. Season with **salt** and **pepper** to taste; add more **water** if needed to reach desired consistency.

**6**

**MAKE QUINOA SALAD**

In a bowl, combine **tomatoes**, **cucumbers**, **zucchini**, **onions**, **lemon juice**, and **basil**(if using). Stir in cooked **quinoa** and season with **salt** and **pepper** to taste.

**7**

**SERVE**

Divide soup among individual bowls, and sprinkle **cilantro** (if using) and **scallions** over. Serve alongside salad.

Store any leftover chowder and salad in separate airtight containers in the refrigerator for up to 3 days.