

CORN CHOWDER

6 cups of water
1 1/2 cups of chopped leeks or onions
2 celery stalks with leaves
3 cups of diced potatoes
4 cups of corn(fresh off the cob or frozen)
1 cup fresh parsley, minced or 2 Tbs of dried
1tsp dill weed
1/2 cup of raw cashews
1tsp sea salt. I added a bit more salt.

1. In a lg pot bring water to a boil.
2. Add the leeks or onions, celery and the potatoes, return to a boil and then turn down heat to simmer until vegetables are soft, about 15 mins.
3. Add the corn, parsley, and herbs. Continue cooking for 10 mins.
4. Remove approximately 3 cups of this mixture and blend with cashews for approximately 1 min. until very smooth. Make sure there are no cashew pieces left.
5. Add cashew-corn milk to remaining soup. Season with salt and pepper if desired.

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