

 COOKING SHOW #123 - COMFORT FOOD

Chipotle Corn Chowder

INGREDIENTS

- 1 small yellow onion, diced
 - 2 garlic cloves, minced
 - 3 cups fire roasted corn
 - 5 medium red potatoes, chopped
 - 1 zucchini, diced
 - 1 green chili (anaheim/hatch, optional)
 - 3-4 cups veggie broth
 - 1 cup soy milk
 - 2 teaspoons chipotle chili powder
- fresh chopped basil, to serve
WYW Everything Bagel Seasoning, to serve



Chef's Notes

You can sub the chipotle chili powder for 1-2 chopped chipotles in adobo if you can find them oil-free in the can. It is important to note, even if you do find them, they will be salty.

METHOD

Add the onion, garlic, corn, potatoes, zucchini, and green chili to a pot or dutch oven. Sauté over medium-high heat until the onions are tender, adding a little water or veggie broth as needed to keep from sticking.

Then, add the remaining ingredients to the pot and stir. Bring the pot to a boil, then reduce the heat and simmer for about 10 minutes or until the potatoes are tender.

Next, transfer 2 cups of the chowder to a high-speed blender. Blend until smooth and transfer back the pot.

Serve with fresh chopped basil and Everything Bagel Seasoning. Enjoy!





Pasta Bolognese

INGREDIENTS

- 1 8 oz. box favorite pasta
- 1 red onion, diced
- 4 large garlic cloves, minced
- 8 oz. mushrooms, chopped
- 2 carrots, diced
- 2 celery ribs, diced
- 1 1/2 cups veggie broth
- 2 tablespoons tomato paste
- 2 14.5 oz. cans diced tomatoes
- 1 tablespoon lemon juice (1/2 lemon)
- 1 teaspoon lemon zest (1/2 lemon)
- 2 bay leaves
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/2 teaspoon ground fennel seed
- 1 dash ground nutmeg

cashew parmesan, to serve

Cashew Parmesan

- 1/2 cup raw cashews
- 1/2 cup nutritional yeast
- 1 tablespoon WYW Stardust (optional)
- 1/2 teaspoon garlic powder (optional)
- 1/2 teaspoon onion powder (optional)
- 1/2 teaspoon Italian seasoning (optional)

Chef's Notes

We love the Barilla Chickpea Spaghetti for this, the texture is amazing.

METHOD

Prepare the pasta according to the package directions and set aside.

Add the onion, garlic, mushrooms, carrots, and celery to a pot and sauté over medium-high heat for about 10 minutes, adding a little water or veggie broth as needed to keep from sticking.

Then add the remaining ingredients, bring to a boil, and reduce to a simmer. Allow to simmer for about 20 minutes or until the veggies are tender.

Prepare the cashew parmesan by adding all of the ingredients to a small bullet blender and blend until you get a coarse, but consistent texture.

Combine the bolognese with the pasta and top with the cashew parmesan!





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Cornbread Pot Pie

INGREDIENTS

Sauce

- 2 1/4 cups soy milk
- 1/4 cup cashews
- 2 tablespoons tahini
- 2 tablespoons apple cider vinegar
- 1 tablespoon lemon juice
- 2 tablespoons nutritional yeast
- 1/2 teaspoon paprika
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried sage
- 1/4 teaspoon dried thyme
- 1/2 teaspoon white pepper
- 2 teaspoons onion powder
- 2 teaspoons garlic powder

Veggie Filling

- 4 oz. mushrooms, quartered
- 1 onion, diced
- 2 cups shredded carrots
- 3 celery ribs, diced
- 4 garlic cloves, minced
- 1 cup green peas
- 4 oz. soy curls, soaked for 10 minutes
OR double the mushrooms

Cornbread

- 1 cup cornmeal
- 1/2 cup whole wheat flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 3/4 cup soy milk
- 1/4 cup unsweetened applesauce
- 2 tablespoons date powder
- 1 1/2 teaspoons apple cider vinegar

Chef's Notes

Add chopped spinach or kale to the filling!

For a GF version, sub masa flour or quinoa flour for the whole wheat flour.

METHOD

Preheat the oven to 350°F.

To prepare the sauce, add all the ingredients to a high-speed blender and blend until smooth. Set aside.

To prepare the veggie filling, add all of the ingredients to a pan except for the soy curls. Sauté over medium-high heat until the veggies are tender, adding a little water or veggie broth as needed to keep from sticking.

Then, add in the soy curls and continue to sauté for another minute. Stir in the sauce, remove from heat, and set aside.

To prepare the cornbread, add the cornmeal, flour, baking powder, and baking soda to a mixing bowl and whisk to combine. Then add the soy milk, applesauce, and vinegar. Mix well.

To assemble, add the saucy filling to a small or medium baking dish (Vintage CorningWare works best 😊). Gently spread the cornbread on top in an even layer. Bake for 20 minutes uncovered.

Serve and enjoy!

