**Vegan Corn Chowder (GF)**

**Ingredients**

* 1 tablespoon oil (coconut, vegetable, rapeseed or olive)
* 1 onion , sliced
* 1 garlic clove , roughly chopped
* 1 celery stick , sliced
* 1 carrot , peeled and diced
* 400 ml (1 2/3 cup) [unsweetened almond milk](https://www.amazon.com/gp/product/B002H0627G/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B002H0627G&linkCode=as2&tag=rhiansrecip00-20&linkId=f891881c93fffd03af4bd65d1c32355f) (or sub unsweetened oat milk for a nut-free version)
* 400 g (14 oz) tin of white beans , drained and rinsed (cannellini, haricot or butter beans)
* 200 g (7 oz) cooked sweetcorn (tinned or thawed frozen sweetcorn works well)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref%3Das_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8) (ensure gluten-free if necessary)
* Salt + pepper to taste

**To serve:**

* Fresh parsley , roughly chopped

**Instructions**

* Heat up the oil in a large saucepan and add the onion, garlic, celery and carrot once hot
* Fry for around 10 minutes until softened
* Add the almond milk, white beans, sweetcorn, stock cube salt + pepper, along with 600ml (2 1/2 cups) water
* Bring to the boil and simmer on a low heat for around 15 minutes
* Transfer the mixture to a food processor or blender (or use a hand-held stick blender) to whizz until completely smooth - add more water to thin out if necessary
* Taste and add more salt if necessary

**To serve:**

* Serve into bowls and scatter over chopped parsley, if desired
* Leftovers keep covered in the fridge for up to a few days and also freeze well