

Tofu Corn Chowder

15c

5T

This rich, creamy American classic has been improvised with the addition of tofu, both pureed and corn-kernel-sized cubes, and accented with miso and a touch of fresh dill. The result is a soup packing a lot of flavor with considerably less fat than the traditional version.

Makes ~~10~~⁸ to 12 servings

20 $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{4}$

- X3
- ✓ 3T
- 3
- ✓ 1T
- 3
- 9
- ✓ 3
- 3 24oz bags
- 3 lbs
- ✓ 6T
- 6T
- ✓ 3T
- 3T

- ✓ 1 tablespoon olive, canola, or corn oil
- ✓ 1 medium onion, chopped
- X 1 teaspoon sea salt
- ✓ 1 medium red bell pepper, stemmed, ribbed, and diced
- ✓ 3 garlic cloves, minced
- ✓ 1 medium sweet potato, cut into 1/2-inch cubes
- X 4 1/2 cups fresh corn kernels or 1 one 24-ounce bag frozen corn kernels
- 1-pound extra-firm tofu, cut into 1/4-inch cubes
- 2 tablespoons white miso
- 2 tablespoons fresh lime juice
- 1 tablespoon soy sauce or tamari
- 1 tablespoon chopped fresh dill

X5

- 1/4 c. + 1T
- 5 onions
- 1T + 2t salt
- 5 peppers
- 15 cloves (1/4 c. + 1T)
- 5 medium Sweet Potato
- ✓ 23 cups Corn
- 5 Tofu
- 2/3 cup white Miso
- 2/3 cup Lime juice
- 1/4 c + 1T Soy
- 1/4 c + 1T Dill

4.5
3
13.5c

3T = < 35 people (?)

1. Heat the oil in a soup pot over medium high heat. Sauté the onion with the salt, stirring occasionally, until the onions begin to soften, about 2 minutes. Mix in the red pepper and garlic and continue to sauté, stirring occasionally, until the onions are translucent, about 5 more minutes.
2. Add 5 cups cold water and the sweet potato. Increase heat until the soup boils. Reduce heat, cover, and simmer until the sweet potatoes have softened, about 15 minutes.
3. Stir in the corn and tofu and continue to cook for about 10 more minutes.
4. Puree approximately one-third of the soup in a blender or food processor and stir it back into the soup remaining in the pot.
5. Whisk the miso into 1 cup hot water and add it to the soup along with the lime juice, tamarind, and fresh dill. Heat over medium low heat until just before boiling. Serve.

Onion
Red Pep.

H₂O
potato

CORN, TOFU
Peas,