



## Artichoke Chowder

Makes 8 servings

Serving: 1.5 cup

Preparation Time: 15 minutes

Cooking Time: 35 minutes

### Ingredients:

1 tbsp extra virgin olive oil

1 large onion, diced

2 cups oyster mushrooms, sliced

3 each celery stalks, diced

1 large carrot, diced

2 each garlic cloves, minced

2 tbsp dried thyme

1 L vegetable stock, low sodium

1 large white potato, diced

475ml (16oz) coconut milk

1 cup unsweetened milk alternative

2 cups artichoke hearts stored in water, drained, rinsed and sliced

1 tbsp dulse flakes (optional)

½ tsp sea salt

1/3 bunch parsley, chopped

### Directions:

1. In a large stock pot over medium high heat add olive oil. Once heated add onions and sauté until soft and translucent, about 3 minutes.
2. Next add the oyster mushrooms and sauté for 5 minutes until slightly brown.
3. Add in celery, carrots, garlic and thyme and sauté until celery is tender, about 5 minutes.
4. Stir in stock and bring to a boil.
5. Once boiling add potatoes and allow to simmer until potatoes are tender, about 12 minutes.
6. Next add coconut milk, milk alternative, artichokes and dulse flakes (if using), bring to a simmer. Allow to simmer for 5 minutes.
7. Remove from heat, add salt and garnish with parsley. Serve with crusty whole grain bread.