

Seafood Chowder

Sea vegetables such as dulse and kelp are seafood. Sea vegetables are rich in minerals and can be purchased in natural food stores. Family and friends rave about this chowder.

1 lg. onion, chopped
4 medium red potatoes (1 lb. plus), peeled, in small dice
2 cups vegetarian broth (from mock chicken broth powder)
2 cups oyster mushrooms, coarsely chopped
1 cup frozen corn kernels
1/2 cup each diced red or yellow bell pepper and diced celery
1/2 cup crumbled dry dulse OR 1/4 cup dulse flakes
1/4-1/2 cup minced fresh parsley
1 bay leaf
1 Tbsp. vegetarian (soy) “bacon bits”
1/4 tsp. dried thyme
1/4 tsp. kelp powder
freshly ground black pepper, to taste
paprika

Blended mixture: Whiz in a blender until very smooth.

1 cup firm tofu OR 1-1/2 cups (1 12.3-oz. package) firm silken tofu
1/2 cup water
2 Tbsp. flour
2 tsp. salt or to taste
1 tsp. sugar (optional)

In a 3 quart saucepan, braise the onions in 1/2 cup water until they become translucent and soft. Add all the ingredients except pepper, paprika, and Blended Mixture. Cover and bring to a boil. Reduce heat and simmer for about 12-15 minutes, or until the potatoes are soft. Remove bay leaf and stir in the Blended Mixture. Add pepper to taste and adjust salt. Heat gently until chowder thickens. Sprinkle each serving with paprika.

Adapted by Kay Bushnell from *20 Minutes to Dinner* by Bryanna Clark Grogan.

— *Our Food Choices Can Make A Difference* —