Chunky Corn Chowder (Vegan)

Original recipe makes 8 servings

2 tablespoons olive oil
1 onion, diced
1 tablespoon minced garlic
2 cups vegetable broth
6 medium red potatoes, diced
1 cup chopped baby carrots
2 (15.25 ounce) cans whole kernel corn, drained
1 1/2 cups soy milk
1 tablespoon garlic powder
2 teaspoons salt
1/2 teaspoon ground black pepper
1/4 cup whole wheat flour
1/2 cup soy milk
2 tablespoons dried parsley

Directions

Heat the olive oil in a skillet over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and begun to brown slightly, about 7 minutes. Remove from heat and set aside. Combine the vegetable broth, potatoes, carrots, corn, 1 1/2 cups soy milk, garlic powder salt, and pepper in a large pot. Bring to a boil over medium-high heat, then stir in the onion mixture. Reduce heat to medium-low and simmer, uncovered, until the potatoes and carrots are tender, about 20 minutes. Whisk together the flour and remaining 1/2 cup soy milk in a bowl. Stir the mixture into the soup, and continue to simmer until the soup has thickened, about 10 minutes. Stir in the parsley before serving.