

Veggie Chowder Supreme

Ingredients:

- 4 tablespoons margarine
- 1 onion, diced
- 2 garlic cloves, minced
- 2 stalks of celery, diced
- 2 tablespoons flour
- 1 tablespoon tomato sauce
- 4 cups vegetable broth
- 1 head of cabbage, shredded
- 6 white potatoes, peeled and diced
- 2 carrots, chopped
- 1 bay leaf
- 2 tablespoons white wine vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup instant potatoes
- 1 cup soy milk

Preparation:

Melt the margarine in a large soup kettle over medium heat.
Stir together the onion, garlic and celery in the kettle.
Cook 5 minutes veggie should be soft.
Place the flour in the kettle and coat the veggies well.
Pour in the tomato sauce and broth.
Cook on medium stirring constantly until the mixture thickens to a chowder consistency.
Add the cabbage, potatoes and carrots and stir well.
Mix in the bay leaf, vinegar, salt and pepper.
Bring mixture to a rapid boil.
Cover and reduce heat to low.
Simmer for 25 minutes.
Remove lid and add the instant potatoes and soy milk.
Continue cooking uncovered for 15 minutes stirring often.
Chowder should be heat through and the bay leaf removed before serving.