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FOOD FOR LIFE RECIPE OF THE WEEK

PCRM Physicians Committee for Responsible Medicine

RECIPE OF THE WEEK | The Vegan Temptress' Rosemary Corn Chowder

Last week, Kristina Addington, also known as the [Vegan Temptress](#), became the first plant-based chef to win the Food Network's [Cutthroat Kitchen](#). This week, she's sharing one of her recipes for the Recipe of the Week! Throughout the competition, Kristina used her creativity to replace meat and milk with healthful plant-based ingredients. She created a gyro sandwich using mushrooms and coconut milk tzatziki and won her final challenge with flavorful vegan gingersnaps.

"My main goal is to be able to promote a vegan diet and talk to people about why it's so important for our health, the animals, and the environment. Doing that on a national platform, like Food Network, is a big deal, so I put a lot of pressure on myself to represent vegan cooking," said Kristina.

Ingredients

- 1 medium yellow onion, diced small
- 1 clove garlic, minced
- 5 celery stalks, diced
- 5 carrots, diced
- 3 potatoes, diced large
- 1 cup mushrooms, diced
- 40-ounce organic frozen corn (or 6 to 7 fresh ears)
- 6 1/2 cups water or vegetable broth
- 2 teaspoons salt
- 1 teaspoon smoked paprika
- 1/2 teaspoon nutmeg
- 1 can coconut milk or 1 1/2 cups unsweetened almond milk
- 1 teaspoon fresh thyme, chopped
- 1 tablespoon fresh rosemary, chopped

Directions

Heat 1/2 cup of water in a large stock pot. Add diced onions, sprinkle with salt, and sauté until soft. Add garlic and sauté while stirring for 2 more minutes. Add celery, carrots, and 3 cups of the water. Simmer for 5 to 10 minutes. Add remaining 3 cups of water, potatoes, mushrooms, corn, salt, and nutmeg. Simmer for about 20 minutes. Using an immersion blender (or regular blender in batches), blend about half of the chowder. Add coconut milk and fresh herbs. Add more salt to taste. Enjoy!

Please feel free to tailor PCRM recipes to suit your individual dietary needs.