

New England Vegan Clam Chowder (Gluten-Free)

Prep: 15 minutes • Cook: 30 minutes

A rich, creamy, and hearty plant-based chowder with tender veggies, buttery depth, and a subtle sea-like note from kelp. Comforting like the classic, minus the clams and dairy.

Ingredients

- 1/2 cup raw cashews (soaked 2–4 hours; drained)
- 3/4 cup unsweetened soy milk
- 1 tablespoon vegan butter (for sautéing mushrooms)
- 8 oz white button mushrooms (cut into 1/2-inch pieces)
- 1 clove garlic (minced (for mushrooms))
- 1 teaspoon low sodium tamari
- 2 tablespoons vegan butter (for soup base)
- 1 medium yellow onion (diced)
- 2 stalks celery (diced)
- 2 medium carrots (diced or sliced 1/4-inch thick)
- 2–3 cloves garlic (minced (for soup base))
- 1 teaspoon dried thyme
- 1/2 cup dry white wine
- 4 cups vegetable broth, low sodium
- 3 tablespoons all-purpose flour (gluten-free or regular)
- 2 medium russet potatoes (peeled and cut into bite-sized pieces)
- 2 bay leaves
- 2 teaspoons kelp granules or dulse flakes
- 1 teaspoon Himalayan salt (more to taste)
- 1–2 tablespoons fresh lemon juice (optional)
- to taste black pepper (freshly ground)
- for garnish fresh parsley (chopped)
- for serving crackers or crusty bread (optional)

Instructions

1. Soak the cashews in water for 2–4 hours, then drain.

2. Blend the soaked cashews with the soy milk until very smooth; set aside.
3. In a large pot over medium heat, melt 1 tablespoon vegan butter.
4. Add the mushrooms and sauté until their liquid evaporates, about 3 minutes.
5. Stir in 1 minced garlic clove and the tamari; cook until mushrooms are tender and lightly browned, 2–4 minutes. Remove mushrooms and set aside.
6. Wipe out the pot and return to medium heat; add 2 tablespoons vegan butter.
7. Add the diced onion and sauté until translucent, 2–3 minutes.
8. Add celery, carrots, 2–3 minced garlic cloves, and thyme; sauté until the vegetables are tender, 5–7 minutes.
9. Pour in the white wine and raise heat to medium-high to bring to a simmer; reduce to medium and cook down, stirring often, 3–5 minutes.
10. Sprinkle the flour over the vegetables and stir constantly for 30–60 seconds.
11. Stir in the vegetable broth, then add potatoes, bay leaves, kelp granules, and salt.
12. Bring to a gentle simmer and cook until potatoes are tender, 10–15 minutes.
13. Discard the bay leaves. Reduce heat to medium-low and slowly stir in the cashew cream.
14. Taste and adjust seasoning; simmer gently for 3–4 minutes.
15. Remove from heat; stir in the reserved mushrooms, lemon juice (optional), and freshly ground black pepper.
16. Ladle into bowls, garnish with fresh parsley, and serve with crackers or crusty bread.

Tags: Vegan, Soup, Gluten-Free, Dairy-Free, Comfort Food
