

Summer sweet corn and coconut soup

Ingredients:

4 ears of corn (shucked)
1 small yellow onion diced
1 clove of garlic
2 tablespoons olive oil
2 cups vegetable broth or stock
1 can coconut milk
*2 tablespoons cornstarch
Salt and pepper to taste

Instructions:

Sautee diced onion, minced garlic and corn in olive oil until tender
Add vegetable stock and simmer for 10 minutes
Finish with coconut milk, salt and pepper and puree smooth

*if you desire a thicker soup, mix 2 tablespoons of cornstarch with 2 tablespoons of cold water and pour in to the hot soup. It will thicken the soup



Chickpea, Corn, and Red Pepper Salad with Vegan Ranch

Ingredients:

4 ears of corn shucked
1 (15-ounce) can of chickpeas, rinsed and drained (save the liquid for the dressing)
2 red bell peppers, diced (about 2 cups)
2 tablespoons minced green onions
1/4 teaspoon cayenne pepper
2 tablespoons honey
Zest and juice from 2 limes
1/2 cup chopped fresh cilantro leaves
2 avocados, chopped
Salt and pepper to taste

Instructions:

Cut the corn from the cob in to a large mixing bowl
Add remaining ingredients and chill
Toss with ranch and serve



Vegan Ranch

Ingredients:

1/ 4 cup aquafaba (liquid from a can of chickpeas or white beans)
1 tablespoon Dijon mustard
2 tablespoons apple cider vinegar
1 garlic clove, chopped
1/ 2 cup vegetable oil
2 teaspoons lemon juice
1/ 2 cup fresh herbs such as dill, parsley, green onion or chives
Kosher salt and freshly ground black pepper, to taste

Instructions:

Add aquafaba to your blender and blend on low speed
Add Dijon, apple cider, and raw garlic
Gradually stream in oil through the top with a blender on low speed
Finish with salt and pepper, lemon juice and fresh herbs

