

Wild & Wonderful Ramp Chowder

- 2 tablespoons bacon fat or other healthy cooking fat (butter, coconut oil, etc)
- 1 cup ramps roughly chopped, 1/2 cup bulbs & 1/2 cup greens
- 3 large russet potatoes peeled & diced, roughly 4 cups
- 4 cups chicken broth or vegetable broth
- 1/8 teaspoon pepper

- Sea salt to taste

With Dairy:

- 2 cups heavy cream
- 2 cup sharp cheddar cheese

Dairy-Free:

- 2 cups coconut milk
- 1/4 cup nutritional yeast

Optional Toppings:

- crumbled bacon
- shredded cheese
- ramp greens

1. In a Dutch oven or other heavy bottom pot, over medium heat sauté ramps in bacon fat until soft.
2. Add potatoes and chicken broth, simmer (covered) for 20 minutes or until potatoes are cooked through.(NOTE: taste your broth while heating and season with sea salt, ideally the liquid that the potatoes are cooking in should be well salted, perhaps a little tiny bit over salted)
3. Reduce heat to low. Add heavy cream and shredded cheddar cheese, stir well to combine. Cook over low heat until everything is well incorporated, do not boil.
4. I prefer to let this soup sit for a little while, maybe 30 minutes to an hour then gently reheat before serving. The flavors deepen and it will thicken up a little more. If you prefer an even thicker soup, you can blend 1-2 cups of the soup in your blender until smooth then add it back into the pot.
5. Feel to garnish individual bowls with toppings of your choice: bacon, shredded cheese & ramp greens are my favorite. Enjoy!