

FALL VEGETABLE CHOWDER



Fresh harvest vegetables enhance the flavour of this creamy soup. The rest of the year, frozen vegetables fill in nicely.

- 4 strips bacon, diced (or 1 cup diced, smoked ham)
- 1 cup chopped onions or leeks
- 2 large carrots, peeled or scrubbed, shredded or diced
- 1 large potato, peeled, diced
- 1 red bell pepper, chopped
- 2 cloves garlic, crushed or minced
- 1/3 cup all-purpose flour
- 3 1/2 cups each: low-sodium or sodium-free chicken stock and milk
- 3 cups corn kernels (from 3 large cobs, or substitute canned or frozen corn niblets)
- 8 oven-roasted or sun-dried tomatoes, cut into thin slivers
- 1/2 teaspoon salt, to taste
- Freshly ground pepper to taste
- 1/3 cup minced fresh parsley

1. In large, heavy saucepan, sauté bacon over medium heat until brown and crisp. Remove excess fat. Stir in onion, carrot, potato, red pepper, and garlic; cook and stir until vegetables are soft, about 5 minutes.
2. Remove saucepan from heat; stir in flour. Gradually stir in chicken stock and milk.
3. Stir in corn and tomatoes; cook and stir over medium heat until mixture is hot and slightly thickened. Season to taste with salt and pepper.
4. Stir in parsley just before serving. Garnish with a bit more parsley and a sprinkling of paprika.

Variations

Substitute any other vegetables you prefer, keeping the quantities close to those above.

Try chopped broccoli, slivered cabbage, diced, cooked potato, green beans or peas, chopped zucchini, mushrooms, celery, etc.

Change the proportion of milk to chicken stock for a chowder that is more or less creamy.

Add your favourite fresh herbs in place of dried.

Chopped chicken or turkey, shelled shrimp, canned or fresh salmon, or any white fish also make tasty additions to this soup.

Vegetarian Version

Omit bacon or ham. Sauté vegetables in a small amount of olive or canola oil. Use vegetable stock instead of chicken stock, or use 6 cups of milk and omit the stock.

Fall Vegetable Chowder					
Nutrients Per Serving: 1 cup (237 mL)					
Calories	160	Sodium	290mg	Protein	7g
Fat	3.5g	Carbohydrate	26g	Vitamins/Minerals	% Daily Values*
Saturated/Trans	1.5g/0g	Fibre	3g	Vit A/Vit C	35%/50%
Cholesterol	10mg	Sugar	8g	Calcium/Iron	10%/8%
low in Saturated Fat, 0 trans Fat, low Cholesterol, source of Fibre, Calcium and Iron, excellent source of Vit A and Vit C					