

# Harvest Vegetable Chowder

## Soup of the Month October - 2014



Enjoy this country-style creamy stew. Packed with veggies and cheddar cheese, it makes a delicious slow-cooked dinner!

**Prep Time:** 10 Min

**Start to Finish:** 9 Hr. 10 Min

**Makes:** 6 servings

### INGREDIENTS

- 2 large russet potatoes, washed and cut into 3/4-inch pieces (3 cups)
- 1 medium rutabaga or sweet potato, peeled, cut into 3/4-inch pieces (2 cups)
- 3 medium stalks celery, cut into 1/2-inch slices (1 1/2 cups)
- 1 large onion, coarsely chopped (1 cup)
- 4 cups reduced-sodium vegetable broth
- 2 cups frozen vegetable blend (such as broccoli, cauliflower and carrots), thawed
- 1 can (10 3/4 oz.) condensed Cheddar cheese soup
- 1 cup fat-free (skim) milk
- 1 teaspoon dried dill weed
- 1/2 cup shredded reduced-fat sharp Cheddar cheese (2 oz.)
- Freshly ground pepper, if desired

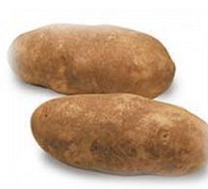
### DIRECTIONS

1. Spray 4- to 5-quart slow cooker with cooking spray. In slow cooker, mix potatoes, rutabaga, celery, onion, and broth.
2. Cover; cook on Low heat setting 8 hours.
3. Stir in vegetable blend, soup, milk and dill weed. Cover; cook on Low heat setting 1 hour longer or until vegetables are tender and chowder is hot. Sprinkle each serving with cheese and pepper.

**Recipe Provides:** Dairy 1/2c, Vegetables 1c

### NUTRITION INFORMATION PER SERVING

<b>Serving Size:</b>	1 Serving	<b>Calories:</b>	190	<b>Calories from Fat:</b>	25
<b>Total Fat:</b>	3 g	<b>Saturated Fat:</b>	1 g	<b>Trans fat :</b>	0 g
<b>Cholesterol:</b>	0 mg	<b>Sodium:</b>	600 mg	<b>Total Carbohydrate:</b>	33 g
<b>Dietary Fiber:</b>	4 g	<b>Sugars:</b>	9 g	<b>Protein:</b>	7 g



This recipe is adapted from [WWW.eatbetterearly.com](http://WWW.eatbetterearly.com)