



## Potato Chowder

**Prep: 25 minutes • Cook: 35 minutes**  
**Serves: 6 • Makes: 8 cups**

- 1 tablespoon unsalted butter
- 3 garlic cloves, minced
- 2 medium carrots, each cut into 1/8-inch-thick slices
- 2 medium celery ribs, finely chopped
- 1/2 medium yellow onion, finely chopped
- 3 tablespoons all-purpose flour
- 3 cups chicken broth
- 2 sprigs fresh thyme
- 1 bay leaf
- 3 tablespoons chopped fresh parsley leaves
- 1 pinch ground nutmeg
- 5 medium Idaho potatoes, peeled and cut into 1-inch pieces
- 1 cup whole milk
- 1/4 teaspoon salt
- 1/4 teaspoon plus 1/8 teaspoon ground black pepper

**1.** In large saucepot, melt butter over medium-low heat. Add garlic, carrots, celery and onion, and cook 5 to 6 minutes or until vegetables are almost soft, stirring occasionally. Increase heat to medium; stir in 2 tablespoons flour. Gradually stir in broth. Stir in thyme, bay leaf, parsley and nutmeg.

**2.** Add potatoes and heat to simmering. Partially cover and simmer 15 minutes, stirring occasionally. In small bowl, whisk together milk and remaining 1 tablespoon flour; stir mixture into soup. Simmer 8 to 10 minutes or until soup thickens slightly, stirring occasionally. Stir in salt and pepper; remove and discard thyme sprigs and bay leaf.

**3.** Ladle soup into bowls to serve.

*Approximate nutritional values per serving:*  
**244 Calories, 4g Fat (2g Saturated),**  
**11mg Cholesterol, 524mg Sodium,**  
**44g Carbohydrates, 4g Fiber, 9g Protein**