

Redskin Potato Vegetable Chowder:

Ingredients:

2 tsp olive oil
½ cup diced onion
½ cup diced ham
½ cup diced celery
½ cup diced carrot
½ cup corn
½ cup diced rutabaga (or parsnip)
½ cup diced butternut squash
2 Cups diced, skin on, red skin potatoes
½ tsp salt, ½ tsp pepper, ½ tsp parsley
4 cups low sodium chicken broth
2 cups milk
¼ cup cornstarch mixed with ¼ cup water

Directions:

Place the olive oil in a soup pot over medium heat. Add the onion, cook 3-4 minutes or until translucent. Add ham, cook 2-3 minutes. Add celery, carrot, rutabagas, butternut squash, salt, pepper, parsley, broth and milk. Let the soup come up to a low boil and reduce heat to a simmer. Let the soup simmer for 10-15 minutes or until the potatoes are tender. While simmering stir in the corn starch mixed with the water and continue to stir as soup thickens. Cook for 3-4 more minutes and soup is ready to eat! Makes about eight 1 cup servings.