

# Slow Cooker Bacon Potato Chowder

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## Servings: 10

4 slices bacon, cooked and crumbled  
1 large (one cup) onion, chopped  
4 cans (10-3/4 ounce ea) cream of potato soup  
4 soup cans milk  
1/4 teaspoon ground black pepper  
2 large (about 1 pound) potatoes (about three cups), peeled and cut into 1/2-inch pieces  
1/2 cup fresh chives, chopped  
2 cups (8 ounces) Cheddar cheese, shredded

In a six-quart slow cooker, stir the bacon, onion, soup, milk, black pepper, potatoes and 1/4 cup of chives.

Cover and cook on HIGH for three to four hours or until the potatoes are tender.

Add the cheese and stir until the cheese is melted. Sprinkle with the remaining chives.

*Chef Tip: Try this beer and Cheddar twist! Replace 1 soup can milk with 1 bottle (12 fluid ounces) beer. Proceed as directed above. Set out bowls of shredded cooked chicken, more crumbled cooked bacon, sour cream, chopped fresh chives, diced avocado, croutons or your favorite potato toppings and let your guests create their own perfect bowl!*

Per Serving (excluding unknown items): 200 Calories; 13g Fat (58.1% calories from fat); 11g Protein; 11g Carbohydrate; trace Dietary Fiber; 41mg Cholesterol; 630mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	200
% Calories from Fat:	58.1%
% Calories from Carbohydrates:	20.9%
% Calories from Protein:	20.9%
Total Fat (g):	13g
Saturated Fat (g):	8g
Monounsaturated Fat (g):	4g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	41mg
Carbohydrate (g):	11g
Dietary Fiber (g):	trace
Protein (g):	11g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.6mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.3mg
Folacin (mcg):	15mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1

**Sodium (mg):** 630mg  
**Potassium (mg):** 262mg  
**Calcium (mg):** 293mg  
**Iron (mg):** 1mg  
**Zinc (mg):** 1mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 583IU  
**Vitamin A (r.e.):** 131 1/2RE

**Vegetable:** 2  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 10

### Amount Per Serving

**Calories** 200 Calories from Fat: 116

### % Daily Values\*

<b>Total Fat</b>	13g	20%
Saturated Fat	8g	39%
<b>Cholesterol</b>	41mg	14%
<b>Sodium</b>	630mg	26%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	trace	2%
<b>Protein</b>	11g	
<b>Vitamin A</b>		12%
<b>Vitamin C</b>		6%
<b>Calcium</b>		29%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.