

# Bean and Potato Chowder

*All-Time Favorites Cookbook Volume 3 (2008)*  
*Better Homes and Gardens Magazine*

## Servings: 4

*1 package (20 ounce) refrigerated  
diced potatoes with onions*  
*1 can (14 ounce) vegetable broth*  
*1/3 cup all-purpose flour*  
*1 cup (4 ounce) Swiss cheese,  
shredded*  
*3 cups milk*  
*1 teaspoon dried Italian seasoning*  
*1 can (15 ounce) navy beans, rinsed  
and drained*  
*salt and ground black pepper*  
*bottled roasted red sweet pepper  
(optional), coarsely chopped*  
*snipped fresh flat-leaf Italian parsley  
(optional)*  
*8 1/2-inch-thick slices Italian bread  
topped with shredded Swiss cheese,  
toasted (optional)*

In a four-quart Dutch oven, combine the potatoes and vegetable broth. Bring to boiling. Reduce the heat. Simmer, covered, for 4 minutes.

In a large bowl, toss together the flour and the one cup of cheese until the cheese is coated. Gradually stir in the milk until combined. Add the milk mixture and Italian seasoning to the potato mixture. Cook and stir over medium heat until thickened and bubbly. Stir in the navy beans. Cook and stir 1 minute more. Season to taste with salt and pepper.

To serve, garnish with roasted red pepper pieces and snipped parsley. Serve with toasted, cheese-topped bread slices.

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Per Serving (excluding unknown items): 472 Calories; 16g Fat (29.5% calories from fat); 28g Protein; 56g Carbohydrate; 14g Dietary Fiber; 51mg Cholesterol; 578mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Lean Meat; 1/2 Non-Fat Milk; 2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	472	Vitamin B6 (mg):	.4mg
% Calories from Fat:	29.5%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	46.7%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	23.7%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	16g	Folacin (mcg):	224mcg
		Niacin (mg):	2mg

**Saturated Fat (g):** 9g  
**Monounsaturated Fat (g):** 4g  
**Polyunsaturated Fat (g):** 1g  
**Cholesterol (mg):** 51mg  
**Carbohydrate (g):** 56g  
**Dietary Fiber (g):** 14g  
**Protein (g):** 28g  
**Sodium (mg):** 578mg  
**Potassium (mg):** 1009mg  
**Calcium (mg):** 582mg  
**Iron (mg):** 4mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 4mg  
**Vitamin A (i.u.):** 1522IU  
**Vitamin A (r.e.):** 246 1/2RE

**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refuse:** 0 0%

## Food Exchanges

**Grain (Starch):** 3  
**Lean Meat:** 1 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1/2  
**Fat:** 2  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 472 **Calories from Fat:** 139

### % Daily Values\*

<b>Total Fat</b> 16g	24%
Saturated Fat 9g	46%
<b>Cholesterol</b> 51mg	17%
<b>Sodium</b> 578mg	24%
<b>Total Carbohydrates</b> 56g	19%
Dietary Fiber 14g	55%
<b>Protein</b> 28g	
<b>Vitamin A</b>	30%
<b>Vitamin C</b>	7%
<b>Calcium</b>	58%
<b>Iron</b>	25%

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