

Cauliflower and Ham Chowder

*Mrs Clyde Wagoner
The Pennsylvania State Grange Cookbook (1992)*

Servings: 4

*1 cup celery, thinly sliced
2 cups fresh or frozen
cauliflower, sliced
1 can (14 ounce) chicken
broth
1 1/4 cups water
1 can (10 ounce) cream of
potato soup
1 cup evaporated milk
2 tablespoons cornstarch
1/8 teaspoon pepper
1/4 cup water
2 cups cooked ham,
chopped
1/2 cup shredded Cheddar
cheese*

In a saucepan, combine the celery, cauliflower, chicken broth and water. Cook until the vegetables are tender. Do not drain.

In a bowl, combine the potato soup and evaporated milk. Mix well.

In a bowl, mix the cornstarch, pepper and 1/4 cup of water. Add to the cauliflower mixture. Add the ham.

Simmer for 10 minutes or until of desired consistency, stirring frequently.

Stir in the cheese at serving time.

Per Serving (excluding unknown items): 312 Calories; 18g Fat (50.9% calories from fat); 22g Protein; 16g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 1513mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.