

Midwest Chowder

Mrs. Greenwood

Port St Lucie Elementary Family Recipe Book

2 cups water
2 cups potatoes, diced
1/2 cup celery, chopped
1/2 cup carrots, chopped
1/2 cup onion, chopped
10 ounces sharp cheddar
cheese, shredded
2 cups cream corn
chopped parsley (for
garnish)
chopped chives (for
garnish)
CREAM SAUCE
1/4 cup margarine
1/4 cup flour
2 cups milk

In boiling water, add the potatoes, celery, carrots and onion. Boil for 10 minutes.

In a saucepan, mix the margarine, flour and milk. Stir well. Heat on medium heat. Stir in the cheese until melted

Add the corn, and the vegetable mixture in its broth. Heat but do not boil.

Garnish with parsley and chives, if desired.

Per Serving (excluding unknown items): 2266 Calories; 157g Fat (61.7% calories from fat); 99g Protein; 120g Carbohydrate; 10g Dietary Fiber; 364mg Cholesterol; 2641mg Sodium. Exchanges: 5 Grain(Starch); 10 Lean Meat; 3 Vegetable; 2 Non-Fat Milk; 24 1/2 Fat.