

Vegetable Chowder

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 12

6 large potatoes, diced small
5 - 6 medium onions, chopped
4 stalks celery, cut in 1/2-inch pieces
1/2 green pepper, chopped
1 cup salted peanuts, chopped
1 can tomato soup
1 can cream-style corn
1 can green pea soup
2 soup cans milk
1 package frozen cut green beans,
partially thawed
1 1/2 teaspoons fresh basil, chopped
1 teaspoon parsley, minced
1 1/2 teaspoons fresh marjoram,
chopped
salt (to taste)

In a large heavy casserole, mix all of the ingredients.

Simmer about 30 minutes until the potatoes and celery are tender.

(Serve with warm garlic bread or hot corn muffins.)

Per Serving (excluding unknown items): 177 Calories; 1g Fat (4.4% calories from fat); 5g Protein; 39g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 158mg Sodium. Exchanges: 1 Grain(Starch); 4 1/2 Vegetable; 0 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	177	Vitamin B6 (mg):	.5mg
% Calories from Fat:	4.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	83.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	11.7%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	67mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	39g
Dietary Fiber (g):	7g
Protein (g):	5g
Sodium (mg):	158mg
Potassium (mg):	850mg
Calcium (mg):	70mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	41mg
Vitamin A (i.u.):	139IU
Vitamin A (r.e.):	14RE

Alcohol (kcal):
% Daily Value

Food Exchanges

Grain (Starch):	1
Lean Meat:	0
Vegetable:	4 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 12

Amount Per Serving

Calories 177 Calories from Fat: 8

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 158mg	7%
Total Carbohydrates 39g	13%
Dietary Fiber 7g	26%
Protein 5g	
Vitamin A	3%
Vitamin C	68%
Calcium	7%
Iron	8%

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