

Wild Rice nd Ham Chowder

1/2 cup onion, chopped
1/4 cup butter, cubed
2 cloves garlic, minced
6 tablespoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups chicken broth
1 1/2 cups peeled potatoes, cubed
1/2 cup carrot, chopped
1 bay leaf
1/2 teaspoon dried thyme
1/4 teaspoon ground nutmeg
3 cups wild rice, cooked
2 1/2 cups fully cooked ham, cubed
2 cups half-and-half, fat free
1 can (15 1/4 oz) whole kernel corn, frozen, drained
minced parsley for garnish

In a Dutch oven, over medium heat, saute' onion in butter until tender. Add garlic; cook 1 minute longer.

Stir in the flour, salt and pepper until blended.

Gradually add broth; bring to a boil. Cook and stir for 2 minutes or until thickened and bubbly.

Add the potatoes, carrot, bay leaf, thyme and nutmeg; return to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender.

Stir in the rice, ham, cream and corn; heat through (do not boil).

Discard bay leaf. Garnish with parsley.

Per Serving (excluding unknown items): 2982 Calories; 59g Fat (18.1% calories from fat); 102g Protein; 497g Carbohydrate; 39g Dietary Fiber; 124mg Cholesterol; 5132mg Sodium. Exchanges: 28 1/2 Grain(Starch); 2 Lean Meat; 3 Vegetable; 3 1/2 Non-Fat Milk; 11 1/2 Fat.