



Country Vegetable Chowder

This chowder is an excellent means of adding vegetables to your daily food choices, especially for your little ones. Served with whole-grain bread, it makes a nutritious lunch that supplies fiber, vitamins and minerals. Enjoy!

Ingredients

- 1 tbsp margarine
- 1 medium onion, chopped
- 3 c. vegetable stock or water
- 2 c. cubed peeled potatoes
- 1 1/2 c. parsnip strips
- 1 c. turnip strips
- 1 c. cut up green beans
- 1/2 c. thickly sliced carrots
- 1/2 tsp each dried thyme, oregano and salt
- 1/4 tsp white or black pepper
- 1 bay leaf
- 2 c. broccoli florets
- 2 c. 2% milk

Preparation

In a 4-quart saucepan, melt margarine over medium heat, cook onion, stirring, until softened. Add vegetable stock, potatoes, parsnips, turnips, beans, carrots, thyme, oregano, salt, pepper and bay leaf - bring to a boil. Cover and reduce heat to simmer, cook for 5 to 10 minutes or until vegetables are tender-crisp. Add broccoli, cook until vegetables are tender. Stir in milk, heat until hot but do not boil. Discard bay leaf.