



Winter Vegetable Chowder

Ingredients

2 Tbsp unsalted butter	2 tsp fresh thyme
1 medium-large onion (about 7 oz), diced	5 cups vegetable stock
2 shallots, diced	2 tsp salt
2 large carrots, diced	½ cup Half & Half cream
2 outer ribs of celery, diced	Salt and pepper to taste
½ lb yellow potatoes, peeled and diced	2 Tbsp chives, chopped
¾ lb celery root, peeled and diced	2 Tbsp finely chopped parsley
½ lb endive, quartered and chopped lengthwise	

Nutrition Facts (per serving)

Calories	233
Fat (g)	10
Saturated Fat (g)	6
Cholesterol (mg)	27
Sodium (mg)	2015
Carbohydrate (g)	33
Fiber (g)	6
Protein (g)	6
Calcium (mg)	159

Preparation

In a large soup pot over medium-high heat, melt butter. Add onion and shallots and cook for 2 minutes, stirring frequently. Add carrot and celery and cook for another 2 minutes, stirring frequently. Add potato and celery root and cook for an additional 2 minutes, stirring frequently. Add endive and thyme and stir to coat.

Add stock to cover vegetables (add more if you prefer a more liquid soup). Stir in salt and bring to a boil. Cover and simmer until potatoes are soft about 20 minutes.

Remove a cup of soup, puree, and then stir back into the pot along with the cream, to thicken. Season with salt and pepper to taste.

Divide chives and parsley between bowls once soup has been served.

Serves 4

Serving Size: ¼ Recipe

