

Farmhouse Ham Chowder

Servings: 8

1/2 cup onion, finely chopped
1/2 cup celery, finely chopped
1/2 cup sweet red pepper, chopped
2 tablespoons butter
1/4 cup all-purpose flour
1 envelope ranch salad dressing mix
4 1/4 cups milk
2 cups frozen cubed hash brown potatoes, thawed
2 cups frozen corn, thawed
2 cups fully cooked ham, cubed
1 teaspoon minced fresh thyme
2 ounces smoked Gouda cheese, shredded

In a large saucepan, saute' onion, celery and red pepper in butter until vegetables are crisp-tender.

Stir in flour and dressing mix until smooth; gradually stir in milk. Bring to a boil; cook and stir for 2 minutes or until thickened.

Add the potatoes, corn, ham and thyme. Bring to a boil.

Reduce heat; simmer, uncovered, for 8 to 10 minutes or until heated through. Sprinkle with cheese before serving.

Yield: 2 quarts

Per Serving (excluding unknown items): 188 Calories; 10g Fat (44.3% calories from fat); 8g Protein; 19g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 162mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.