

Hotchpot Chowder

Lousene Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

- 2 cups corn off the cob or canned or frozen whole kernel corn
- 2 cups celery, chopped
- 1/2 green pepper, cut in strips
- 1 onion, sliced thin
- 1 cup chopped tomatoes, canned or fresh
- 1 tablespoon salt
- 1/8 teaspoon pepper
- 1 cup cold water
- 1/4 cup butter or margarine
- 3 tablespoons flour
- 1/4 teaspoon paprika
- 3 1/2 cups milk, scalded
- 1/2 cup sharp Cheddar cheese, grated
- 1 pimiento, sliced thin

Start the casserole on top of the stove. Place the corn, celery, green pepper, onion, tomatoes, salt, pepper and water. Bring just to a boil. Reduce the heat. Cover and simmer for 15 minutes.

In a bowl, knead the butter, flour and paprika together. Stir into the hot milk in a bowl. Then stir this mixture into the casserole. Cover and bake in a slow oven, 300 degrees, for 15 to 20 minutes.

Add the cheese and pimienta just before serving, continuing to bake just until the cheese is melted.

Serve with a large bowl of buttered croutons.

Per Serving (excluding unknown items): 231 Calories; 16g Fat (60.3% calories from fat); 8g Protein; 15g Carbohydrate; 2g Dietary Fiber; 50mg Cholesterol; 1312mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 3 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	231	Vitamin B6 (mg):	.2mg
% Calories from Fat:	60.3%	Vitamin B12 (mcg):	.6mcg
% Calories from Carbohydrates:	25.5%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.3%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	16g	Folacin (mcg):	32mcg
Saturated Fat (g):	10g	Niacin (mg):	1mg
			0mg

Monounsaturated Fat (g): 5g
Polyunsaturated Fat (g): 1g
Cholesterol (mg): 50mg
Carbohydrate (g): 15g
Dietary Fiber (g): 2g
Protein (g): 8g
Sodium (mg): 1312mg
Potassium (mg): 466mg
Calcium (mg): 271mg
Iron (mg): 1mg
Zinc (mg): 1mg
Vitamin C (mg): 22mg
Vitamin A (i.u.): 997IU
Vitamin A (r.e.): 198 1/2RE

Caffeine (mg):
Alcohol (kcal): 0
% Refuse: 0 n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 1
Fruit: 0
Non-Fat Milk: 1/2
Fat: 3
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 231 **Calories from Fat:** 139

% Daily Values*

Total Fat 16g	24%
Saturated Fat 10g	49%
Cholesterol 50mg	17%
Sodium 1312mg	55%
Total Carbohydrates 15g	5%
Dietary Fiber 2g	7%
Protein 8g	
Vitamin A	20%
Vitamin C	37%
Calcium	27%
Iron	4%

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