

# **Sage and Onion Chowder**

Classic Potato Dishes

**Servings: 6**

**1/4 cup butter or margarine**  
**4 onions, Sliced very thinly or chopped**  
**2 cloves garlic, crushed**  
**4 slices lean bacon, chopped**  
**2 tablespoons all-purpose flour**  
**3 1/2 cups chicken or vegetable stock**  
**1 pound potatoes, finely diced**  
**2/3 cup whole milk**  
**1 can (7 oz) corn, well drained**  
**1 1/2 tablespoons dried sage**  
**2 tablespoons white wine vinegar**  
**salt and pepper to taste**  
**sprigs of fresh sage, to garnish**

Melt the butter or margarine in a large saucepan, and gently saute' the onions and garlic for about 15 minutes, until soft but not colored.

Add the chopped bacon and continue to fry for a few minutes, allowing the onions to color a little. Stir in the flour and cook for another minute or so.

Add the chicken or vegetable stock and bring to a boil. Add the potatoes and seasoning, and simmer gently for 20 minutes.

Add the whole milk and corn and bring the soup back to a boil, then add the sage and vinegar and simmer for 10-15 minutes more, until the potatoes are very tender but not broken up.

Adjust the seasoning, garnish with sprigs of sage, and serve while hot with warmed bread.

Serving Ideas: Serve with warm bread.

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Per Serving (excluding unknown items): 198 Calories; 9g Fat (39.4% calories from fat); 4g Protein; 27g Carbohydrate; 3g Dietary Fiber; 24mg Cholesterol; 101mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.