

SERVES 6

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This chowder is lighter than most, but delicious nonetheless. Parsnips and turnips have a long tradition of adding substance and flavor to many dishes. And they taste great alone, whether baked in a gratin, puréed, braised or roasted.

TIP

If desired, substitute green peas for the beans. Add with the broccoli.

DIETITIAN'S MESSAGE

This chowder is an excellent vehicle for adding vegetables to your daily food choices, especially in winter. Served with whole-grain bread, it makes a nutritious lunch that supplies fiber, vitamins and some minerals.

Country Vegetable Chowder

1 tbsp	margarine	15 mL
1	medium onion, chopped	1
3 cups	vegetable stock or water	750 mL
2 cups	cubed peeled potatoes	500 mL
1½ cups	parsnip strips	375 mL
1 cup	turnip strips	250 mL
1 cup	cut-up green beans	250 mL
½ cup	thickly sliced carrots	125 mL
½ tsp	each dried thyme, oregano and salt	2 mL
¼ tsp	white or black pepper	1 mL
1	bay leaf	1
2 cups	broccoli florets and sliced peeled stems	500 mL
2 cups	2 % milk	500 mL

1. In a 4-quart (4 L) saucepan, melt margarine over medium heat; cook onion, stirring, until softened.
2. 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.
3. Add broccoli; cook until vegetables are tender. Stir in milk; heat until hot but do not boil. Discard bay leaf.

PER SERVING

Calories: 166

Dietary Fiber: 4 g

Carbohydrate: 28 g

Fat: 4 g

Protein: 6 g