

**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