



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Soups On!



Potatoes have gotten a bad rap in recent years with all the low-carb trends.

What most people don't realize is they are nutrient-packed powerhouse in the vegetable world. Potatoes have more potassium than a banana (good for blood pressure). They're an excellent source of vitamin C (good for immunity), plus have protein and fiber (good for digestion and blood sugar). All these benefits without any fat, cholesterol, or sodium.

Soups are a great way to add more servings of vegetables with a variety of flavors. They are a one-pot dinner option that can be as simple or filling as you'd like. Meatless or plant-based, the options and varieties are endless. Grab a variety of veggies on-sale and use them for this potato chowder or other recipes available on InSeasonzine.com.

Potato Chowder

Ingredients:

- 1 Tbsp. unsalted butter
- 3 garlic cloves, minced
- 1 cup carrot slices (1/8-inch-thick)
- 2 medium celery ribs, finely chopped
- 1/2 medium yellow onion, finely chopped
- 3 Tbsps. all-purpose flour, divided
- 3 cups chicken broth
- 2 sprigs fresh thyme
- 1 bay leaf
- 3 Tbsps. chopped fresh parsley leaves
- 1 pinch ground nutmeg
- 5 medium potatoes, peeled and cut (1-inch pieces)
- 1 cup whole milk
- 1/4 tsp. salt
- 1/4 tsp. plus 1/8 tsp. ground black pepper



Directions:

1. In large saucepot, melt butter over medium-low heat. Add garlic, carrots, celery and onion, and cook 5 to 6 minutes or until vegetables are almost soft, stirring occasionally. Increase heat to medium; stir in 2 Tbsps. flour. Gradually stir in broth. Stir in thyme, bay leaf, parsley and nutmeg.
2. Add potatoes and heat to simmering. Partially cover and simmer 15 minutes, stirring occasionally. In small bowl, whisk together milk and remaining 1 Tbsp. flour; stir mixture into soup. Simmer 8 to 10 minutes or until soup thickens slightly, stirring occasionally. Stir in salt and pepper; remove and discard thyme sprigs and bay leaf.
3. Ladle soup into bowls to serve.