



## Queso Potato Chowder

READY IN



70 min.

SERVINGS



40

CALORIES



200 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 0.3 cup butter
- ☐ 4 oz freshly asadero cheese shredded
- ☐ 40 servings toppings: fried corn tortilla chips fresh red sliced coarsely chopped finely chopped
- ☐ 28 oz chicken broth fat-free low-sodium canned
- ☐ 0.3 cup flour all-purpose
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 cup half-and-half
- ☐ 20 oz hash brown potatoes refrigerated southwestern-style

- ☐ 1.5 cups milk
- ☐ 1 cup onion finely chopped
- ☐ 3 poblano peppers seeded finely chopped
- ☐ 1 cup bell pepper red finely chopped
- ☐ 4 oz freshly sharp cheddar cheese shredded

## Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap
- ☐ microwave
- ☐ dutch oven

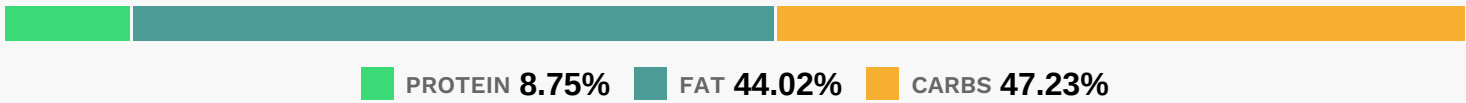
## Directions

- ☐ Melt butter in a Dutch oven over medium-high heat; add bell pepper and next 3 ingredients, and saut 4 to 5 minutes or until tender.
- ☐ Add potatoes and cumin, and saut 5 minutes or until browned and tender. Gradually stir in broth, stirring to loosen particles from bottom of Dutch oven. Bring to a boil; cover, reduce heat to low, and simmer 25 minutes.
- ☐ Whisk together flour and next 2 ingredients. Stir into potato mixture, and cook over medium heat, stirring constantly, 5 minutes or until thickened. Reduce heat to low.
- ☐ Add cheeses, and cook, stirring constantly, until cheeses melt and mixture is thoroughly heated.
- ☐ Serve with desired toppings.
- ☐ \*Monterey Jack cheese may be substituted.
- ☐ Note: We tested with Simply Potatoes Southwest Style Hash Browns.
- ☐ TRY THESE TWISTS!
- ☐ Queso-Broccoli Potato Chowder: Prepare recipe as directed.
- ☐ Place 1 (12-oz.) package fresh broccoli florets in a 1-qt. microwave-safe glass bowl. Cover tightly with plastic wrap; fold back a small edge to allow steam to escape. Microwave at HIGH

3 to 4 1/2 minutes or until broccoli is crisp-tender, stirring after 2 minutes.

- ☐ Drain and pat dry. Stir hot broccoli into chowder. Top each serving with sauted chopped ham.
- ☐ Makes: 12 cups. Hands-on time: 40 min.; Total time: 1 hr., 15 min.
- ☐ Corn-and-Zucchini Queso Chowder: Omit hash browns. Prepare recipe as directed in Step 1, adding 2 cups frozen whole kernel corn, thawed, and 2 cups chopped zucchini with cumin, and decreasing simmering time to 15 minutes. Proceed as directed, stirring in 1/2 tsp. kosher salt with cheese in Step Top each serving with chopped cooked bacon, shredded Cheddar cheese, and diced red onion. Makes: 11 cups. Hands-on time: 40 min.; Total time: 1 hr.

## Nutrition Facts



## Properties

Glycemic Index:8.8, Glycemic Load:1.66, Inflammation Score:-4, Nutrition Score:5.6365217903386%

## Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

## Nutrients (% of daily need)

Calories: 199.71kcal (9.99%), Fat: 10.03g (15.43%), Saturated Fat: 3.23g (20.21%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.17g (8.06%), Sugar: 1.5g (1.67%), Cholesterol: 11.94mg (3.98%), Sodium: 230.14mg (10.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.97%), Vitamin C: 13.5mg (16.37%), Phosphorus: 118.47mg (11.85%), Calcium: 92.66mg (9.27%), Fiber: 2.04g (8.16%), Vitamin E: 1.18mg (7.85%), Magnesium: 30.59mg (7.65%), Vitamin K: 7.06µg (6.72%), Selenium: 4.1µg (5.85%), Vitamin B6: 0.12mg (5.79%), Vitamin A: 279.25IU (5.59%), Vitamin B1: 0.08mg (5.37%), Vitamin B2: 0.09mg (5.16%), Vitamin B5: 0.51mg (5.09%), Zinc: 0.73mg (4.85%), Potassium: 154.99mg (4.43%), Iron: 0.72mg (3.99%), Vitamin B3: 0.75mg (3.74%), Copper: 0.06mg (2.88%), Vitamin B12: 0.16µg (2.72%), Manganese: 0.05mg (2.71%), Folate: 10.82µg (2.7%)