

Potato and Cabbage Chowder

- 4 medium russet potatoes, peeled and cut in 3/4-inch chunks
- 14-ounces fat free, reduced sodium chicken broth
- 1 cup water
- 2 tablespoons vegetable oil
- 3 cups coarsely chopped green cabbage
- 3/4 cup onion, finely chopped
- 8 ounces smoked turkey sausage, sliced in 1/4-inch rounds
- 1 medium carrot, shredded
- 1/2 cup fat free milk
- 1/2 teaspoon pepper



1. Bring potatoes, broth and water to a boil in a 3-quart saucepan over high heat. Reduce heat and simmer until potatoes are tender, 12 to 15 minutes. Set aside.
2. While potatoes cook heat oil in a 10-inch nonstick skillet over medium-high heat. When hot, add cabbage and onion. Cook 10 minutes, stirring occasionally. Add sausage and continue to cook and stir occasionally 10 minutes longer until cabbage, onion and sausage begin to brown. Add shredded carrots and remove from heat.
3. Use a slotted spoon to transfer 3/4 cup of cooked potatoes to skillet. Blend remaining potatoes and liquid in a blender until smooth. Return blended potatoes to saucepan. Add sausage/cabbage mixture to saucepan. Stir in milk. Bring soup to a simmer. Season with pepper.

Serves 4.

Nutrition Facts		
Servings per recipe: 4 (about 1-1/2 cup)		
Calories 340	Calories from fat 117	
	% Daily Value	
Total Fat 13g		34%
Saturated Fat 2g		11%
Cholesterol 39		13%
Sodium 788mg		33%
Carbohydrate 39g		13%
Dietary Fiber 5g		20%
Protein 18g		37%
Vitamin A: 104%	Vitamin C: 93%	Folacin: 16%
Calcium: 11%	Iron: 16%	Potassium: 38%