

Vegetable Cheddar Chowder

◀ FAMILY FAVORITE ▶

PREP: 18 MINUTES COOK: 20 MINUTES

- 3 cups water
- 3 chicken bouillon cubes
- 4 medium potatoes, peeled and diced
- 1 medium onion, sliced
- 1 cup thinly sliced carrot
- ½ cup diced green pepper
- ⅓ cup butter or margarine
- ⅓ cup all-purpose flour
- 3½ cups milk
- 4 cups (16 ounces) shredded sharp Cheddar cheese
- 1 (2-ounce) jar diced pimiento, drained
- ¼ teaspoon hot sauce
- Garnish: fresh parsley sprigs

•Combine water and bouillon cubes in a Dutch oven; bring to a boil. Add diced potato and next 3 ingredients; cover and simmer 12 minutes or until vegetables are tender.

•Melt butter in a heavy saucepan over low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk; cook over medium heat, stirring constantly, until thickened and bubbly. Add cheese, stirring until melted.

•Stir cheese sauce, pimiento, and hot sauce into vegetable mixture. Cook over low heat until thoroughly heated (do not boil). Garnish, if desired. Yield: 10 cups.

Per 1-cup serving: Calories 331 Fat 24.4g
Cholesterol 76mg Sodium 667mg

Beef Stew

◀ HEALTHY • FAMILY FAVORITE ▶

PREP: 32 MINUTES

SLOW COOK: 4 TO 10 HOURS

Let the slow cooker simmer this hearty mix of chunks of beef and assorted vegetables.

- 3 pounds beef stew meat, cut into 1-inch pieces
- 2 tablespoons vegetable oil
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 2 teaspoons salt, divided
- ½ teaspoon pepper
- ¾ cup all-purpose flour
- 2 cups water, divided
- 1 cup dry red wine
- 1 cup chopped fresh tomato
- 1 tablespoon chopped fresh parsley
- ¼ teaspoon dried thyme
- 2 bay leaves
- 5 small onions, quartered
- 5 carrots, scraped and cut into 2-inch pieces
- 12 small round red potatoes, halved, or
5 medium potatoes, quartered

•Brown meat in hot oil in a large Dutch oven; drain, if necessary. Add celery, garlic, chopped onion, 1 teaspoon salt, and pepper. Cook over medium heat, stirring constantly, until vegetables are tender.

•Combine flour and 1 cup water, stirring until smooth; add to meat mixture, stirring well. Spoon meat mixture into a 4-quart electric slow cooker.

•Combine remaining 1 teaspoon salt, remaining 1 cup water, wine, and next 4 ingredients; pour over meat mixture. Place onion quarters, carrot, and potato over meat mixture (do not stir). Cover and cook on HIGH 4 to 4½ hours, or on HIGH 1 hour and reduce to LOW 8½ hours or until meat and vegetables are tender. Discard bay leaves. Yield: 12 cups.

Per 1-cup serving: Calories 269 Fat 7.2g
Cholesterol 65mg Sodium 473mg

Cooktop Beef Stew: Brown meat in hot oil in a large Dutch oven; drain. Add celery and remaining ingredients. Bring to a boil; reduce heat, and simmer, covered, 2½ hours or until meat and vegetables are tender. Add additional water, if necessary.