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|  | **Ingredients** | **Step** |
| Ham and Vegetable Chowder | 1 Tablespoon  **vegetable oil**  1  small **onion**, chopped  1⁄2  head **cabbage**, chopped (about 6 cups)  1  large **potato**, peeled and diced  2 cans  (14.5 ounces each) low-sodium **chicken broth** (see notes)  2 cans  (15 ounces each) **cream-style corn**  1 cup  chopped **lean ham** (8% fat)  1⁄2 teaspoon  **pepper**  1⁄2 cup  grated cheddar **cheese** | 1. Heat oil in 4 quart (or larger) saucepan. Saute onion, cabbage, and potato over medium heat, stirring often, until soft, about 10 minutes. 2. Add chicken broth, corn, ham, and pepper. 3. Cover and simmer until potato is tender, about 10 minutes 4. Serve hot, sprinkled with cheese. 5. Refrigerate leftovers within 2 hours. |