



Smoky Yukon Gold Potato Chowder

Ingredients:

2	large leeks, white and light green parts only	1	can (14.5 oz or 398 mL) no-salt-added Great Northern beans, drained and rinsed
1	tbsp (15 mL) salted butter	1½	cups (375 mL) 2% milk
1	medium onion, finely chopped	3	oz (90 g) extra sharp white cheddar cheese, shredded
3	garlic cloves, pressed	½	tsp (2 mL) salt
1½	tsp (7 mL) smoked paprika	½	tsp (2 mL) coarsely ground black pepper
2	lbs (1 kg) Yukon gold potatoes, peeled and diced (see Cook's Tip)	6	tbsp (90 mL) reduced-fat sour cream
4	cups (1 L) unsalted chicken stock		Snipped fresh chives and additional smoked paprika (optional)

Directions:

1. Cut leeks in half lengthwise; thinly slice crosswise. Place into **Stainless (4-qt./4-L) Mixing Bowl** and swish in cold water to remove dirt. Drain leeks using medium **Stainless Mesh Colander**.
2. Melt butter in **(8-qt./7.6-L) Stockpot** over medium heat. Add leeks, onion, pressed garlic and paprika to Stockpot; cook, uncovered, 3-4 minutes or until vegetables are softened, stirring occasionally. Add potatoes; cook 2 minutes, stirring constantly. Add stock; cook, covered, 12-15 minutes or until potatoes are fork-tender, stirring occasionally. Add beans; cook 1-2 minutes or until heated through. Remove Stockpot from heat; cool 5 minutes.
3. Carefully ladle one-third of the potato mixture into blender container. Cover and blend until smooth. Pour blended potato mixture into **Stainless (6-qt./6-L) Mixing Bowl**. Repeat with remaining potato mixture.
4. Return blended potato mixture to Stockpot; stir in milk. Cook, uncovered, over medium heat 2-3 minutes or until simmering. Stir in cheese, salt and black pepper. Cook 2-3 minutes or until cheese is melted. Garnish each serving with sour cream, chives and additional paprika, if desired.

Yield: 6 servings

Nutrients per serving: Calories 320, Total Fat 10 g, Saturated Fat 6 g, Cholesterol 35 mg, Sodium 460 mg, Carbohydrate 45 g, Fiber 6 g, Protein 15 g

U.S. Diabetic Exchanges Per Serving: 3 starch, 1 medium-fat meat (3 carb)

Cook's Tips: Yukon gold potatoes have a skin and flesh that ranges from buttery yellow to golden in color. These boiling potatoes have a moist and succulent texture and are suited for baking, mashing and roasting.