



PURITY DAIRIES

DELICIOUS RECIPES USING PURITY PRODUCTS

CHEESY CHOWDER

2 T Purity butter or light margarine

1 medium potato, diced

1 c celery, thinly sliced

1 c shredded carrots

1 small onion, chopped

1 (14-oz) can no-fat chicken broth

3 T flour

2 c Purity Sweet Acidophilus Milk

1 t salt

1/2 t white pepper

1/4 t dry mustard

1 c diced ham, optional

2 c finely shredded (made with 2% milk) sharp cheddar cheese

Melt butter or margarine in a large heavy saucepan and cook potato, celery, carrots and onion for about 5 minutes. Add broth and reduce heat, cover, and simmer until vegetables are tender, about 8-10 minutes. Stir flour into a small amount of the milk to make a thin paste. Gradually stir into the vegetable mixture. Stir in remaining Purity Sweet Acidophilus Milk. Add salt, pepper and dry mustard and stir. Increase heat and cook, stirring frequently until chowder begins to thicken. Add ham, if desired. Add cheese and remove from the heat. Continue stirring until cheese melts.

Yield: 4-6 servings.