**Vegetable Chowder Mix and Match**

3-4 slices bacon or ½ cup bacon substitute  
1/2 medium onion, chopped  
1-2 Tablespoons oil  
3 Tablespoons flour  
14-ounce can reduced sodium chicken broth  
1 medium potato, peeled and diced  
1 cup vegetable choice*  
1 cup protein choice*  
12 ounce can low-fat evaporated milk  
Dash of pepper and/or salt  
*Pick foods of each type for your soup:

<table>
<thead>
<tr>
<th>Food Type</th>
<th>Amount</th>
<th>Some Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables</td>
<td>1 cup, (total) cut bite-sized</td>
<td>Raw, frozen, or canned: A mix of corn, green beans, carrots, mixed vegetables</td>
</tr>
<tr>
<td>Protein</td>
<td>1 cup, cut bite-sized</td>
<td>Cooked chicken/turkey, hot dogs, cooked beef, canned tuna, canned white beans, meat substitute</td>
</tr>
</tbody>
</table>

2. In a 2-quart saucepan, saute onion in oil until clear-colored. Remove from heat. Stir in flour (to thicken soup).  
3. Slowly stir in broth until smooth.  
4. Add potato, vegetable choice and protein choice.  
5. Heat to boiling. Reduce heat and boil gently, stirring occasionally, until potato is tender (about 15-20 minutes).  
6. Stir in evaporated milk and bacon or substitute.  
7. Heat to serving temperature. Taste and add salt and pepper (if desired).  
8. Cool and refrigerate leftovers soon. (See back of card).  
Makes about 4-5 cups.  
Serve with bread/crackers and green salad topped with orange slices.
Food for Later

Handle leftovers properly to avoid costly waste and foodborne illness:
- Refrigerate leftover soup right after your meal. If still hot, first put the pan in a sink filled with cold water. Stir until soup stops steaming.
- If you won’t be able to finish the soup within 3 or 4 days, freeze meal-size portions in suitable containers. Label with the date on a piece of tape.
- When ready to eat, thaw leftovers in the refrigerator and heat.

Tips for Vegetable Picks

Health-wise:
- For good health (at all ages), eat plenty of a variety of vegetables. Find out how much you need to eat at www.mypyramid.gov

Best buys:
- Use vegetables that are in-season or on sale.
- Buy lower cost brands of canned and frozen vegetables.

Easy ways:
- Use frozen and canned vegetables to save time and effort.
- Freeze leftover meats and vegetables for later use in soup. Put them in plastic freezer bags and label with the date and number of cups.

Thanks to our vegetable artist: Chi, 2nd grade