

Southern Delight®

White Bean Chowder

A Low-Sodium Recipe

INGREDIENTS

1 lb Dried Navy or Great Northern Beans	3 qt. Water (after soaking, possibly 1-2 qts)
1 qt. Low Sodium Chicken Broth	1 Large Onion (very finely chopped)
2 Stalks Celery (very finely chopped)	1 Tbsp. Olive Oil
2 Carrots (peeled and very finely chopped)	
1 Yellow Bell Pepper (very finely chopped)	2 tsp. White Pepper
4 Tsp. Garlic Powder	1 Tbsp. Basil & Oregano NSA Seasoning Blend
1 tsp. Salt Substitute	1 Stick Butter
1 Tbsp. Corn Starch	1 C. Cold Water
1 Qt. Heavy Cream	1/2 lb. Chopped Ham (optional)

DIRECTIONS

Wash & sort beans, the soak in 6 cups water for 8 hrs. Discard soaking water, then add XXX qts. Water, 1 pt. Low Sodium Chicken Broth, and Olive Oil and bring to a slow boil, covered. Finely chop Onion, Celery, Carrots and Bell Peppers. You may want to use a food processor (but chop each vegetable separately). After beans have cooked for 30 min, add the vegetables. Add seasonings and stir to combine, then add butter. Let cook additional 30 min. Whisk together Corn Starch and Cold Water and stir into pot. Stir until the liquid begins to thicken. Add Heavy Cream and reduce heat slightly. Simmer for 30 min. and serve. Serves 8. Enjoy NSA=No Salt Added

No Salt Added...***Just Great Taste!***[™]

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