

## Gouda and Vegetable Chowder

This recipe is an excellent source of calcium (403 mg per serving).

Serves 6

2 tbsp	butter	30 mL
1	medium onion, chopped	1
2 cups	chopped broccoli	500 mL
2 cups	chopped cauliflower	500 mL
1 cup	grated carrot (about 2 medium)	250 mL
2 cans (each 10 oz/284 mL)	condensed (low sodium) chicken/vegetable broth	
1/4 cup	all-purpose flour	50 mL
2 cups	milk	500 mL
2 cups	shredded Gouda cheese, divided	375 mL

Salt and pepper  
Croutons

1. Melt butter in a large saucepan. Cook and stir onion over medium-high heat until tender.
2. Add cauliflower, broccoli, carrot and condensed broth. Bring to boil. Reduce heat, cover and simmer for 10 minutes, or until vegetables are tender.
3. In a medium bowl, whisk milk into flour until smoothly combined; add to saucepan. Cook and stir over medium heat until mixture boils and thickens. Remove pan from heat.
4. Add 1 1/2 cups (375 mL) of the Gouda cheese and stir until cheese is melted. Season with salt and pepper.
5. To serve, sprinkle with the remaining 1/2 cup (125 mL) of cheese and add croutons.

### PER SERVING

Calories 292

Protein (g) 19.2

Carbohydrates (g) 15.7

Fat (g) 17.4

Sat (g) 10.5

Mono (g) 5

Poly (g) 0.8

From The Everyday Calcium Cookbook by Helen Bishop MacDonald ©2004.