



## HEARTLAND CHOWDER

*A soup pot full of goodness from the Midwest*

- 3 slices bacon
- 1 Tablespoon olive oil
- 1 cup chopped onion
- 1/2 cup chopped carrots
- 1 (8 ounce) smoked boneless low-fat ham steak, diced
- 4 cups low salt vegetable broth
- 1/2 cup chopped celery
- 1 minced garlic clove
- 1-pound little baby mixed potatoes; halved, quartered
- 1/2 cup (each) chopped red bell pepper; chopped green bell pepper
- 1 Tablespoon minced lemon thyme
- Salt and black pepper to taste
- 1/2 cup original almond milk or low-fat milk
- 1 cup frozen or fresh corn niblets, defrosted
- 1/2 cup plain Greek yogurt or sour cream
- 1/4 cup chopped parsley or as desired

Cook bacon slices in soup pot; remove bacon; discard drippings; set bacon aside.

Place oil in hot large soup pot; add onion, carrots, and diced ham pieces; cook over medium high heat to soften vegetables, about 8 to 10 minutes. Add broth, celery, garlic, and potatoes; bring to a boil; cover loosely; reduce heat to low; cook for 15 minutes or until potatoes are beginning to soften; add bell peppers and thyme; cook until potatoes are tender; season to taste with salt and black pepper.

Meanwhile, in food processor, process milk, corn, and cooked bacon until mixture is blended; stir into chowder; cook until hot. Season to taste with salt and black pepper. Stir in yogurt until smooth chowder texture. Sprinkle hot chowder with chopped parsley before serving. Serves 4

**Cook's Note:** If desired for added flavor, use bacon drippings to cook onion mixture in place of olive oil.

**About the Recipe:** This Midwestern comfort dish is filled with a medley of fresh garden vegetables, smoky lean ham chunks, and covered with a creamy campfire flavored corn broth. It's farm fresh and wildly delicious.