

Low-fat Chile-cheese Chowder

written by The Recipe Exchange | June 4, 2015

Ingredients

2 raw bacon slices
1 cup chopped carrots
1 cup seeded, chopped poblano peppers
2 Tbls. seeded, minced jalapeno peppers
1 cup chopped onion
1/2 tsp. ground cumin
3 cloves garlic – minced
4 cups chicken broth
5 cups peeled, diced potatoes
1/2 tsp. salt
1/3 cup all-purpose flour
2 1/2 cups skim milk
3/4 cup shredded low-fat Monterey jack cheese
1/2 cup shredded low-fat sharp cheddar cheese
2/3 cup sliced green onions

Directions

In a Dutch oven, cook bacon until crisp. Reserve 1 Tbls. drippings in pan, remove bacon and set it aside.
Add carrots, peppers, onion, cumin, and garlic to pan. Sauté until browned. Stir in broth and scrape bottom of pan to release browned bits.
Add potatoes and salt, cover, and simmer for 25 minutes.
Whisk together flour and milk.
Add flour mixture to potato mixture while stirring and cook over medium heat until thickened, stirring often (about 10 minutes).
Remove from heat, stir in cheeses until melted.
Serve in bowls topped with crumbled bacon and sliced green onions.