

# Mix and Match Vegetable Chowder

You'll enjoy this hearty chowder recipe. Change it up with the ingredients and spices you have on hand.

Makes: 4 Servings  
Prep Time: 10 minutes  
Cook Time: 40 minutes

Source: Oregon State University

## Ingredients

- 1 tablespoon vegetable oil
- ½ medium onion, chopped
- 3 tablespoons flour
- 2 cups (16 ounces) low-sodium broth (any type)
- 1 medium potato, diced (about 1 ½ cups)
- 1 cup bite-sized vegetables, fresh, canned or frozen
- 1 cup bite-sized protein
- 1 can (12 ounces) low fat evaporated milk
- or unflavored/unsweetened plant milk
- ½ teaspoon seasoning (try garlic powder and thyme or Food Hero Creole Seasoning)
- ½ teaspoon black pepper (optional)
- ½ teaspoon salt (optional)

## Directions

1. Wash hands with soap and water.
2. Rinse fresh vegetables under running water before preparing.
3. In a medium saucepan, heat vegetable oil over medium heat (300 degrees F in an electric skillet). Add onion and cook until clear.
4. Remove pan from heat and stir in flour. Add broth and stir until mixture is smooth.
5. Return pan to medium heat. Add potato, vegetables and protein.
6. Bring to a boil, then reduce heat to low and simmer until potato is tender, about 15 to 20 minutes. Stir a few times during cooking.
7. Turn heat to low and slowly stir in milk, pepper and salt, if desired. Serve warm.
8. Refrigerate leftovers within 2 hours.



Small Changes,  
BIG Difference!



## Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	250
Total Fat:	5g
Saturated Fat:	0.5g
Cholesterol:	20mg
Sodium:	540mg
Total Carbohydrates:	35g
Dietary Fiber:	4g
Total Sugars:	13g
Added Sugars:	0g
Protein	16g

## Utensils Needed

- Sharp knife
- Cutting board
- Medium pan
- Mixing spoon
- Measuring spoons
- Measuring cups
- Bowls



# SHOPPING LIST

Average total cost without oil and seasonings: \$7.47

Average cost/serving: \$1.86

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Evaporated milk



Add 1 to Cart  
Low sodium broth



Add 1 to Cart  
Potato



Add 1 to Cart  
Onion



Add 1 to Cart  
Flour

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Use whatever vegetables and protein you have on hand – corn, peas, carrots, beans, or tofu all work well – helping reduce food waste and stretch your grocery budget.
- Season for flavor: Try adding herbs like thyme or a simple seasoning blend (e.g., garlic powder and black pepper) to boost taste without added salt.
- Safety tip: Rinse fresh vegetables before chopping and be sure to refrigerate leftovers within 2 hours to keep your chowder safe to enjoy later.

