

From the cookbook "Man Can Cook"
By Robert Sturm



Curried Sweet Potato Chowder

Ingredients:

2 TB. Canola Oil
½ Cup Carrot, small diced (1 carrot)
½ Cup Celery, small diced (1 stalk)
½ Cup Sweet Onion, small diced (1/4 onion)
1 TB. Curry Spice
¼ Cup A.P. Flour, unbleached
1 White Sweet Potato, small diced (1 large potato)
2 Cups Chicken Stock
2 Cups Skimmed Milk
1 Cup Low-fat Cheddar Cheese, shredded (extra for garnish)
1 TB. Parsley, fresh, minced (extra for garnish)

Directions

Heat canola oil. Sauté carrot, celery and onion, till tender. About 2 minutes. Add curry. Sauté 2 more minutes. Add flour. Blend well. Reduce heat. Cook 2 minutes. Add chicken stock, milk and sweet potato. Bring to a boil. Simmer 10 minutes or until potatoes are tender. Season with all-purpose seasoning. Add cheese and parsley. Stir till smooth. Garnish chowder with shredded cheese and parsley.