

Heritage Recipes

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Cheery Chowder

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Request: "About fifteen years ago, I got a recipe out of Cosmopolitan magazine (I think) called Cheery Chowder. It had ham, cheese, broccoli, potatoes, cream, etc. I have lost the original recipe and wanted to know if any of your readers remembered it. IT WAS SO GOOD! I have written to Cosmo to see if it was archived, but haven't heard back from them. I hope someone else in web-land happened across this recipe many years ago and was smart enough to hang on to it. If you remember Cheery Chowder, please email me."

Two recipes were submitted by our visitors:

From Debbie: "I have a recipe that sounds about the same as the one she is looking for. I got it out of a magazine about 23 years ago when I was in the hospital having my son. Here it is:"

Cheery Chowder

- 1 clove garlic, minced
- 1 onion, chopped
- 1 c mushrooms, sliced
- 3 T butter
- 3 T flour
- 2 c half & half
- 1 13-3/4 oz chicken broth
- 1 pound extra sharp cheddar cheese
- 1 T Worcestershire
- 1 c cooked potato diced
- 1 c cooked broccoli
- 1 c cooked carrots diced
- 6 oz ham, diced
- 3/4 c corn
- Salt & pepper to taste

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Saute first 4 ingredients for 10 min. Add flour, stir in half-and-half and broth. Cook until slightly thickened. Add cheese, broccoli, ham, Worcestershire, carrots and corn. Add salt and pepper to taste. Heat--DO NOT BOIL!

Cheery Chowder, From Colleen

Serves 6

1 garlic clove, minced
1 onion, chopped fine
1 cup sliced mushrooms
3 TBL light butter
3 TBL flour
2 cups fat-free half-and-half
13-3/4 oz can fat-free, low-sodium chicken broth
1 lb low-fat sharp Cheddar, grated
6 oz smoked ham, julienned
1 tsp Worcestershire sauce
1 cup fresh broccoli florets, cooked but still crisp
1 cup sliced carrots, cooked but still crisp
3/4 cup cooked corn kernels

In a large saucepan, saute garlic, onion and mushrooms in butter over low heat, stirring occasionally, for 10 minutes or until onions are soft. Add flour and blend over low heat for 1 minute. Slowly stir in half-and-half and chicken broth and cook, stirring, until slightly thickened and smooth. Simmer 2 minutes. Gradually add grated Cheddar, blending until cheese melts. Add ham, Worcestershire sauce, broccoli, carrots, corn and seasonings. Heat chowder over moderately low heat until hot. Do not boil. Serve hot.

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