

Leek, Kielbasa and Sausage Chowder

A Carolyn original



Servings: 10

1. Prepare all the vegetables. Heat a large, heavy soup pot, add olive oil and butter, then add leeks, celery and shallots. After 5 minutes add the carrots.
2. When the leeks have partially caramelized (browned), add the Italian sausage and continue to cook about 5 minutes. Then add mushrooms and chicken broth. Bring to a boil and reduce to a simmer.
3. Meanwhile, cut up the potatoes and squash and set aside. Add them to the soup pot.
4. When the potatoes and squash are nearly cooked, heat up a second flat skillet, add a bit of olive oil, then fry the Kielbasa until the edges are starting to brown all over. Drain fat and add to the soup pot.
5. In a jar combine the milk and flour and shake until no lumps appear. Add to the soup pot and continue to cook for about 5-10 minutes. Add the whipping cream, heat briefly, taste for seasonings. Add ground black pepper. Add salt if desired, but it probably isn't necessary.

- 3 tablespoons butter
- 2 tablespoons olive oil
- 8 whole leeks, trimmed and sliced
- 4 whole shallots, minced
- 4 whole carrots, chopped
- 4 stalks celery, chopped
- 8 cups chicken broth
- 10 ounces chanterelle mushroom, chopped, or regular white mushrooms
- 1 pound Kielbasa, cut into 1/2 inch cubes
- 1/2 pound Italian sausage
- 1 tablespoon Italian herbs, or mixture of thyme, rosemary, oregano
- 1/2 teaspoon ground pepper
- 2 cups butternut squash, cubed (optional)
- 2 cups potatoes, peeled, cubed
- 1 cup milk
- 2 tablespoons flour
- 1/2 cup whipping cream

Per Serving (excluding unknown items): 548 Calories; 32g Fat (51.7% calories from fat); 20g Protein; 49g Carbohydrate; 7g Dietary Fiber; 77mg Cholesterol; 1362mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 7 Vegetable; 0 Non-Fat Milk; 5 Fat.

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>