

# Turkey Burger Cheddar Chowder with Mustard and Pickles

Phillis Carey, cooking instructor, author (Jan. 2013)



*Everything you love about a burger but made into a soup using ground turkey.*

4 tablespoons unsalted butter, or olive oil, if preferred

1 pound ground turkey (not turkey breast, but the light and dark meat), or ground chicken

1 cup onion, diced

3/4 cup celery, diced

1/2 cup carrot, peeled, diced

1 teaspoon garlic, minced

1 teaspoon dried basil, or dried oregano

1/4 cup all-purpose flour

3 cups low-sodium chicken broth

1 1/2 cups whole milk, can use 2% but not fat free

2 cups russet potatoes, peeled, diced

Salt and freshly ground black pepper to taste

2 cups sharp cheddar cheese, grated (1/2 lb. = 2 cups grated)

Yellow mustard and chopped dill pickles for garnish (can also add some chopped tomato to the top too)

## Servings: 6

1. Melt butter in a large pot over medium heat. Add ground turkey and cook, breaking up into small pieces, until meat begins to brown. Add onion, celery, carrot, garlic and basil. Cook about 5 minutes.
2. Stir flour into the veggies; stir in chicken broth and milk, then add potatoes. Bring soup to a boil and cook until potatoes are tender, stirring often, about 10 minutes longer. Soup can be made to this point and refrigerated, then reheated to serve.
3. Reheat before serving. If mixture is too thick add more milk to your desired consistency. Then stir in 1 1/2 cups (half) cheddar cheese OFF the heat. Stir to melt the cheese, then ladle into serving bowls and top with remaining cheese and add a squirt of mustard and the dill pickles. If desired, add diced tomato to the top for color!

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Per Serving (excluding unknown items): 462 Calories; 30g Fat (55.6% calories from fat); 32g Protein; 21g Carbohydrate; 2g Dietary Fiber; 128mg Cholesterol; 377mg Sodium. Exchanges: 1 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.

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