

Broccoli-Cheddar-Chicken Chowder – Sue Wright

Servings: 6

3 tablespoons extra-virgin olive oil
1 cup diced onion
1 cup diced celery
½ cup all-purpose flour
1 teaspoon dry mustard
¼ teaspoon salt
¼ teaspoon ground pepper
4 cups reduced-sodium chicken broth
1 cup whole milk
3 cups chopped broccoli florets
2 cups diced Yukon Gold potatoes
1 pound boneless skinless chicken breasts, cut into bite-size pieces
1 cup shredded Cheddar cheese, plus more for garnish
Finely diced red onion for garnish

1. Heat oil in a large pot over medium heat. Add onion and celery; cook, stirring frequently, until softened and beginning to brown, 3 to 6 minutes. Sprinkle flour, dry mustard, salt and pepper over the vegetables and cook, stirring, for 1 minute more. Add broth and milk; bring to a gentle boil, stirring constantly.
2. Stir in broccoli and potatoes and bring just to a simmer. Simmer, uncovered, stirring occasionally, until the potatoes are tender, 12 to 15 minutes.
3. Add chicken and 1 cup Cheddar and cook, stirring frequently, until cooked through, 4 to 6 minutes. Serve topped with a little more Cheddar and red onion, if desired.