


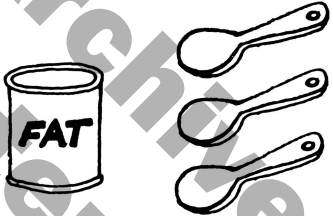
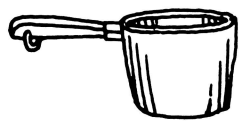
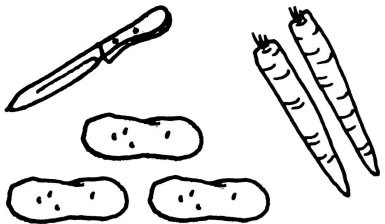
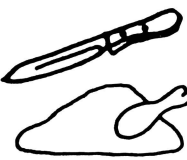


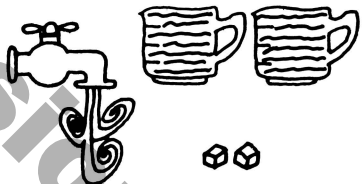




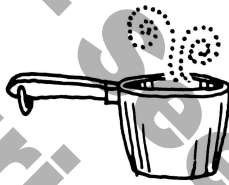
# CHICKEN CHOWDER

To prepare 6 servings, about 1 cup each, you need:

- 1 small onion
- 3 tablespoons fat (shortening, margarine or chicken fat)
- 3 medium-size potatoes
- 2 large carrots
- 1-1/2 cups cut-up cooked chicken
- 2 cups chicken broth (2 chicken bouillon cubes plus 2 cups water may be used in place of broth)
- 2 cups milk
- Salt and pepper to taste

SERVE WITH:

- Toast
- Canned Peaches
- Milk
- Coffee

1/					
	Chop 1 small onion.	Measure 3 tablespoons fat, put in a large pan over medium heat to melt.	Add onion to the fat, and cook until tender but not brown.		Cut-up 3 medium-size potatoes and 2 large carrots. Add to pan.
2/					
	Measure and put in the pan...	1-1/2 cups cut-up cooked chicken	and	2 cups chicken broth, or	2 chicken bouillon cubes plus 2 cups water.
3/					
	Add...	2 cups milk	and	salt and pepper to taste.	Heat slowly, but <u>do not boil</u> .
					Makes 6 servings, about 1 cup each.



## SMART SHOPPER RECIPE



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