



www.gingerlemongirl.com

Cheeseburger Chowder

- 1 pound grass-fed, low-fat beef
- 3/4 cup chopped onion
- 3/4 cup diced carrots
- 3/4 cup chopped celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 3 tablespoons butter
- 2 cloves garlic, crushed
- 3 cups gluten free chicken broth (I use [Herb Ox Chicken Bouillon](#))
- 4 cups sweet potatoes, skinned and cubed
- 2 tablespoons cornstarch
- 3/4 cup shredded cheddar cheese
- 2 cups organic milk



Toppings:

- Italian parsley
- crumbled turkey bacon
- shredded cheddar cheese

Directions:

In a large dutch oven, melt 1 tablespoon of butter over medium heat. Add onions, celery, garlic, and ground beef. Cook until beef is browned. Stir in parsley and basil. Add chicken broth and sweet potatoes. Bring to a boil and simmer until potatoes are tender, about 10-12 minutes. In a glass measuring cup melt remaining butter in the microwave. Add milk to measuring cup with melted butter and whisk in cornstarch. Gradually pour milk mixture into chowder, stirring constantly. Bring to a boil and reduce heat to simmer. Stir in cheese until heated through. Let cool for 5 minutes and serve. Sprinkle bowls of chowder with toppings. Enjoy! Makes 5-6 large servings.

Originally published online at www.gingerlemongirl.com on Monday, December 1st, 2008.