

Potato and Canadian Bacon Slow Cooker Chowder



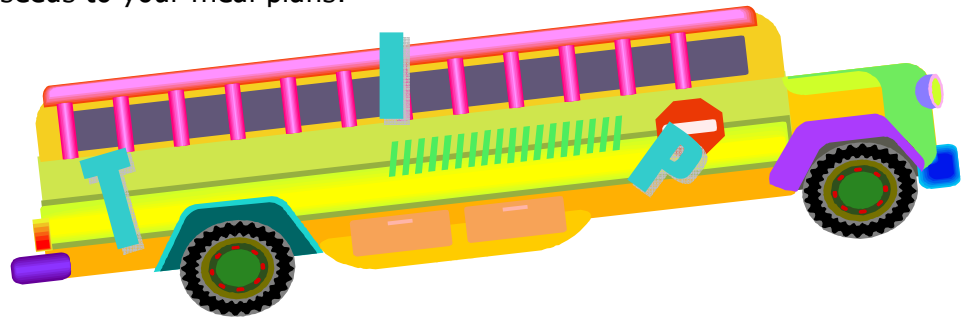
- 2 cup potato(es), cut into 1/2-inch cubes
- 1 large carrot(s), diced
- 1 cup leek(s), chopped, white part only
- 1 medium garlic clove(s), minced
- 4 cup fat-free chicken broth
- 1/2 cup uncooked barley
- 1 piece bay leaf
- 1/4 tsp dried thyme, crushed
- 1/4 tsp black pepper
- 4 oz Canadian-style bacon, cut into 1/4-inch pieces
- 1/2 cup fat-free evaporated milk
- 2 oz fat-free half and half

In a slow cooker, combine potatoes, carrots, leek, garlic, chicken broth, barley, bay leaf, thyme, pepper and Canadian bacon. Cover and cook on low for 6 hours or until vegetables and barley are tender. Stir in evaporated milk and half-and-half and heat through, uncovered, about 10 minutes. Yields about 1 2/3 cups per serving.

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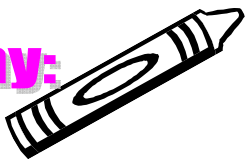
Eat Healthy Fats:

Increase your consumption of foods that contain the essential omega-3 fatty acids required by cell membranes to maintain structure and function. These omega-3 fats are particularly beneficial for the cardiovascular system and to help the body minimize inflammatory processes. Foods rich in omega-3 fatty acids include flax seeds, pumpkin seeds, and walnuts - so try adding these seeds to your meal plans.



Every Time I hear the dirty word "exercise",

Funny:



I wash my mouth out with chocolate.

