



Ham and Vegetable Chowder



Ingredients

- 1 Tablespoon **vegetable oil**
- 1 small **onion**, chopped
- ½ head **cabbage**, chopped (about 6 cups)
- 1 large **potato**, peeled and diced
- 2 cans (14.5 ounces each) low-sodium **chicken broth** (see **Notes**)
- 2 cans (15 ounces each) **cream-style corn**
- 1 cup chopped **lean ham** (8% fat)
- ½ teaspoon **pepper**
- ½ cup grated cheddar **cheese**

Directions

1. Wash hands with soap and water.
2. Heat oil in a 4-quart (or larger) saucepan. Sauté onion, cabbage and potato over medium heat until soft, about 10 minutes. Stir the vegetables often while they cook.
3. Add chicken broth, corn, ham and pepper.
4. Cover and simmer until potato is tender, about 10 minutes.
5. Serve hot, sprinkled with cheese.
6. Refrigerate leftovers within 2 hours.

Notes

Broth can be homemade, canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.

Leave skin on potato for added fiber.

For a vegetarian soup, substitute vegetable broth for the chicken broth and beans for the ham.

Makes: 10 cups
Prep time: 15 minutes
Cooking time: 20 minutes

Nutrition Facts

10 servings per container	
Serving size	1 cup (283g)
Amount per Serving	
Calories	170
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 280mg	12%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 74mg	6%
Iron 1mg	6%
Potassium 482mg	10%
Vitamin A 21mcg	2%
Vitamin C 23mg	25%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



American Heart Association.

Healthy for Good™

How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



Feel Better

Physical activity is linked with better sleep, memory, balance and cognitive ability. And less risk of weight gain, chronic disease, dementia and depression. It's one of the most important things you can do for your health and well-being.



Move more, with more intensity, and sit less.

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