



RECIPE OF THE WEEK

BACON & POTATO CHOWDER – CROCKPOT STYLE

2 cups potatoes, cut in small cubes	4 oz. Canadian bacon, cut in pieces
1 large carrot, diced	1 cup leeks, chopped (white part only)
3 garlic cloves, minces	4 cups chicken broth
½ cup uncooked barley	1 bay leaf
¼ teaspoon dried thyme, crushed	1 cup fat free half and half
¼ teaspoon black pepper	

1. In a slow cooker, combine potatoes, carrots, leeks, garlic, broth, barley, bay leaf, thyme, pepper, and bacon. Cover and cook on low for 4 – 6 hours.
2. After cooking 4 – 6 hours, stir in half and half; heat through, uncovered, about 10 minutes.

NUTRITION FACTS:

Calories: 170	Dietary Fiber: 4 grams
Total Fat: 1.5 grams	Protein: 9 grams
Sodium : 320 mg.	Total Carbohydrates: 28 grams

Makes 6 servings

FOOD FOR THOUGHT: THE WORST DAYS MAKE FOR THE BEST WORKOUTS!!! – Anonymous