

**Submitted by:** Fran Dowell

**Recipe Name:**

Cheesy Chicken and Cauliflower Chowder

**Ingredients:**

1 Tablespoon olive oil  
1 teaspoon butter  
1 clove garlic, chopped  
1 small onion, chopped  
3 medium carrots, sliced (you can also add fresh asparagus, cut into bite size pieces)  
Two 14-ounce cans chicken broth  
3 cups chopped cauliflower (about 1 head)  
1 teaspoon sugar  
1/8 teaspoon nutmeg  
1/4 teaspoon dried basil  
Salt and black pepper to taste  
3 cups cubed, cooked chicken  
1/4 cup flour  
1 cup milk  
2 Tablespoons cream cheese  
4 ounces cheddar cheese shredded

**Directions:**

In a large saucepan, saute the garlic and onion in olive oil and butter until soft. Add carrots (asparagus), cauliflower, broth, sugar, nutmeg, basil, salt, and pepper. Bring to a boil, reduce heat and simmer for 15 minutes or until vegetables are tender. Add chicken and heat through. In a small bowl combine flour and milk until smooth. Add to chicken mixture. Bring to a boil and cook and stir for 2 minutes or until thickened. Remove from heat. Add cream cheese and cheddar. Stir until melted. Makes 8 servings. Enjoy!