

# Cheeseburger Chowder Recipe from Barstow's Longview Farm

## CATEGORY

Soups Stews & Chili

## SERVINGS

4

## PREP TIME

20 minutes

## COOK TIME

40 minutes

## Ingredients

1 pound ground beef

$\frac{3}{4}$  cup chopped onion

6 tablespoons Cabot **Salted Butter**, divided

2 cloves garlic, minced

1 cup diced carrots

1 teaspoon basil

1 teaspoon dried parsley

3 cups chicken broth

4 cups diced potatoes

$\frac{1}{4}$  cup flour

$1\frac{1}{2}$  cups evaporated milk

10 ounces Cabot **Seriously Sharp Cheddar Cheese**, grated, about  $2\frac{1}{2}$  cups,  
divided

1 teaspoon salt

$\frac{1}{2}$  teaspoon pepper

Cabot **Sour Cream**, chopped scallions to garnish

## Directions

**BROWN** ground beef in a soup pot over medium heat, remove any liquid and set aside.

**SAUTÉ** onion and 4 tablespoons of butter in the same pot until the onions are translucent. Add garlic, carrots, basil, and parsley and sauté 3 minutes.

**ADD** chicken broth, cooked ground beef and potatoes. Bring to a boil then reduce heat, cover and simmer 15–20 minutes while the sauce is being made.

**MELT** the remaining 2 tablespoons of butter in small pot over medium low heat, add flour and cook, whisking for about 3–5 minutes until butter is fully absorbed. Gradually add evaporated milk, whisking constantly for 6–8 minutes or until the sauce is smooth.

**STIR** the sauce slowly into soup and bring to a boil. Cook for 2–5 minutes until thickened.

**REDUCE** heat to low and slowly add 2 cups shredded cheese, salt and pepper. Stir until cheese melts. Remove from heat and serve with a dollop of sour cream, additional shredded cheddar, and some chopped scallions scattered on top of each bowl.

SAVE 15%

## Nutrition

<b>Serving Size</b>	<b>1/4 of recipe</b>
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<b>per serving</b>	
<b>Calories</b>	<b>960</b>
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	<b>% Daily Value</b>
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<b>Fat</b> 61 grams	
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<b>Saturated Fat</b> 33 grams	
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<b>Cholesterol</b> 220 milligrams	
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<b>Sodium</b> 1990 milligrams	

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**Carbs** 56 grams

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**Fiber** 5 grams

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**Protein** 47 grams

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**Calcium** 711 milligrams

# Cheese As You Please

Our naturally-aged cheddars have 0g of lactose per serving! So go ahead, dig in.

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# The Cabot Blog

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**LET'S MAKE BREAKFAST**

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