

## Cheesy Ham & Potato Chowder



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### Ham

1 ham bone from a pre-cooked spiral sliced ham  
1 to 1 1/2 pounds cubed ham  
1/2 cup chopped sweet onion  
1 1/2 teaspoons dried minced garlic  
2 chicken bouillon cubes  
Water

### Vegetables

3 stalks celery, chopped  
3 carrots, peeled and chopped  
4 green onions, sliced  
3 to 4 large baking potatoes, peeled and cubed

### Roux

4 tablespoons butter  
1/4 cup brown rice flour  
1/2 teaspoon ground dry mustard  
1/4 teaspoon salt  
1/4 teaspoon ground cayenne pepper  
1 1/2 cups milk  
3 cups shredded Colby Jack cheese

## Thickening

1/2 cup cornstarch  
Cold water

## Garnish

Shredded Colby Jack cheese  
Sliced green onions

**In a large stockpot**, combine ham bone, cubed ham, onion, garlic, and bouillon cubes. Cover contents completely with water, or at least 1 inch over ham.

**Bring** to a low boil. Reduce heat to medium-low. Cook for 2 hours. Remove large ham bone. Debone any meat from the bone and cut into bite sized pieces.

**Add** celery, carrots, and green onion. Cook for 30 minutes. Add potatoes and cook for an additional 30 minutes. Drain until liquid is 1 inch above contents.

**In a medium saucepan**, melt butter over medium-low heat. Blend in flour, dry mustard, salt, and cayenne pepper, stirring until smooth. Gradually add milk, stirring constantly until slightly thickened. Add cheese, stir until melted. Add roux to chowder and cook for 15 minutes, stirring frequently.

**Combine** cornstarch and water. Stir into chowder until thickened. Garnish with additional shredded cheese and sliced green onions.

**Serves 4 to 6**