

# McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:  
[www.drmcDougall.com](http://www.drmcDougall.com).

## Potato Chowder

This is always a favorite at the McDougall Program and it is quick and easy to make as well. Buy bags of frozen, chopped hash brown potatoes (with no added oils) for really easy preparation of this delicious soup

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 4-6

4 cups vegetable broth  
1 onion, chopped  
2 stalks celery, chopped  
1 leek, white and light green part, sliced  
6 cups frozen chopped hash brown potatoes  
2 cups soy or rice milk  
½ teaspoon sea salt (optional)  
⅛ teaspoon white pepper  
2 tablespoons parsley flakes  
2 tablespoons dried chives  
dash liquid smoke

Place ½ cup of the broth in a large soup pot with the onion, celery and leeks. Cook, stirring occasionally for 5 minutes, until softened. Add the remaining broth and the potatoes. Bring to a boil, reduce heat, cover and cook for 20 minutes. Using an immersion blender, process the soup while still in the pot. (Unless you are using a non-stick pan, then place the soup in a blender jar and process until fairly smooth. Return to pan.) Add the remaining ingredients and heat through, about 5 minutes.

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## Hearty Split Pea Vegetable Soup

This is a thick soup filled with chunky vegetables and it is very comforting on a cool, rainy day. Serve by itself in a bowl, or ladle over brown rice for a satisfying meal.

Preparation Time: 15 minutes

Cooking time: 1 hour 10 minutes

Servings: 6-8

- 2 cups dried split peas
- 8 cups water
- 1 large onion, chopped
- 3 stalks celery, chopped
- 2 carrots, chopped
- 2 cups chopped fingerling potatoes
- 2 cloves garlic, minced
- 2 tablespoons parsley flakes
- 2 bay leaves
- 1 teaspoon dry mustard
- ½ teaspoon smoked paprika
- freshly ground white pepper
- 1 large tomato, chopped
- ½ cup chopped fresh cilantro or parsley

Place the peas and water in a large soup pot. Bring to a boil, reduce heat and simmer uncovered for 20 minutes. Add the remaining ingredients, except the tomato and fresh cilantro or parsley. Mix well, bring to a boil again, reduce heat, cover and simmer for about 45 minutes, until all vegetables are tender. Add the tomato and fresh cilantro or parsley. Season with a bit of sea salt, if desired. Mix well and let rest for 5 minutes before serving.