

Vegetable and Fish Chowder *(Continued)*

5. Spray a saucepan with non-stick cooking spray. Cook onions or celery, and garlic, over medium heat until softened, about 3 minutes. Transfer to a plate and set aside.
6. In the same pan, heat oil over low heat. Add flour, stirring until smooth and thick. Cook one minute, stirring constantly.
7. Increase heat to medium, and add a small amount of skim milk at a time to the flour mixture, stirring constantly. Cook and stir until mixture thickens and bubbles.
8. Reduce heat and add remaining ingredients except the cheese. Cover and cook over low heat until thoroughly heated, stirring frequently. Do not boil. Soup will thicken as it cooks. If soup is too thick, stir in a little more milk.
9. Just before serving, add cheese and stir until melted. Serve immediately.
10. Cover and refrigerate leftovers within two hours.