

Clam Chowder

New England clam chowder is a traditional soup made with a flour-butter roux, which thickens the soup. Add more clam juice/milk if you prefer a thinner soup. This recipe is easy to prepare when time is tight, since we are using canned clams. You can keep the ingredients on hand and put it together at a moment's notice. Great for a weeknight supper with a salad and some oyster crackers or biscuits.

3	6.5 ounce cans	chopped clams	1	pound	potatoes, peeled and ½ inch dice
2	cups	clam juice			
¼	cup	butter	1 ½	cups	whole milk or light cream
1	large	onion, diced			
3	stalks	celery, diced	1	pinch	fresh ground pepper and kosher salt to taste
¼	cup	flour			
5	sprigs	fresh thyme or 1 tsp. dried			
1		bay leaf			



- 1 Strain clams and reserve the juice in a measuring cup. Add more clam juice to equal 2 cups total. Set aside.
- 2 Melt butter in a large saucepan. Cook onions on low heat until translucent. Add celery and cook a few more minutes. Add flour and stir until the flour is coated in the butter. Cook for a few more minutes on low heat.
- 3 Add premeasured clam juice, thyme sprigs and bay leaf to butter mixture and stir until combined. Add in potatoes and cook until potatoes are tender, stirring occasionally as mixture thickens. As it thickens begin to add milk. Once potatoes are tender, remove from heat.
- 4 Add clams and cook on low about 5 minutes and serve. Do not overcook the clams. Remove thyme sprigs and bay leaf. Season with pepper. Soup should have enough salt, but add more if desired.

Servings: 8

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 175 calories, 66 calories from fat, 7.5g total fat, 21.8mg cholesterol, 431.5mg sodium, 528.3mg potassium, 23.6g carbohydrates, 2.1g fiber, 5.8g sugar, 4g protein.

Source

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