

## CLAM CHOWDER

*Adapted from Cooking Light*

### Ingredients

- 2 slices bacon
- 2 small onions, diced
- 1¼ cups chopped celery
- ¼ teaspoon kosher salt
- ½ teaspoon dried thyme
- 2 garlic cloves, minced
- 6 (6½ ounce) cans chopped clams
- 5 cups diced potatoes
- 32 ounces bottled clam juice
- 1 bay leaf
- 3 cups low fat milk
- ½ cup all purpose flour

### Instructions

In a large saucepan or Dutch oven, cook bacon on medium heat until crisp. Remove bacon and set aside. Add onion, celery, salt, and thyme to pan and cook for 2 to 3 minutes. Add garlic and cook until vegetables are tender, 1 to 2 minutes more.

Drain clams, reserving the liquid. Set clams aside. Add reserved liquid, potatoes, clam juice, and bay leaf to the pan and bring the mixture to a boil. Reduce heat and then simmer until the potatoes are tender, about 15 minutes. Discard bay leaf.

In a small bowl, combine milk and flour, stirring with a whisk until smooth. Add flour mixture to the pan and bring to a boil. Cook for 10 to 15 minutes more, or until the mixture thickens slightly, stirring occasionally. Add clams. Crumble bacon and divide among soup bowls.

**Yield:** 6 servings

### **NUTRITION FACTS PER SERVING**

CALORIES: 350

PROTEIN: 20 grams

SODIUM: 680 milligrams

CARBOHYDRATE: 40 grams

FIBER: 4 grams

FAT: 9 grams

SATURATED FAT: 2 grams