

New England Clam Chowder

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Serves 6

7 Points / xxx calories per serving

- 6 slices bacon diced
- 1 cup yellow onion diced
- 1 cup celery diced
- 1 cup leeks sliced thinly
- 1/4 cup all-purpose flour
- 3 cups red potatoes diced
- 3 cups reduced sodium chicken broth or stock
- 3/4 cup clam juice
- 1/2 – 3/4 Tbsp dried thyme
- 1 1/2 tsp kosher salt
- 1/2 tsp black pepper
- 4 dried bay leaves
- 1 1/2 tsp Tabasco sauce or your favorite hot sauce
- 2 – 3 cans (6.5 oz each chopped or minced clams drained)
- 4 cups fat free half and half
- sliced green onions for garnish (optional)

1. Heat a large pot over MED-LOW heat, then add bacon pieces and cook until crispy. Remove with a slotted spoon (or tongs) to a paper towel lined plate, reserving drippings in the pot.
2. Increase heat to MED, then add onion, celery and leeks and sauté about 3-4 minutes, until soft. Add flour and stir to coat vegetables. Cook 1 minute, stirring often.
3. Add diced potatoes, chicken broth, clam juice, thyme,

salt, pepper, bay leaves, and tabasco sauce. Stir well, then bring to a boil.

4. Once boiling, reduce heat and cover, simmering about 15 minutes or so, until potatoes are fork tender.
5. Add canned clams, and pour in half and half stirring well to combine.
6. Cook over MED heat, stirring often, about 5 minutes, or until heated through and thickened to desired consistency.
7. Taste, then add salt and pepper if needed. Serve topped with cooked bacon, oyster crackers, sliced green onions and enjoy!

main dish, Soup

soup

clam chowder