

Manhattan Clam Chowder

Makes: 9 servings

Ingredients

- 3 celery (stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (no salt added)
- 1 1/2 cups potatoes (sliced)
- 1 1/2 cups carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoons thyme (dried)
- 1 bay leaf
- 2 dashes black peppercorns
- 1 1/2 cups water
- 2 cups tomato juice (no salt added)
- 1 tablespoon parsley flakes (dried)

Directions

1. Scrub potatoes well to remove any eyes or blemishes.
2. In a slow cooker, combine all ingredients; stir.
3. Cover and cook on low for 8-10 hours or until the vegetables are tender.
4. Remove bay leaf and peppercorns before serving.

Cornell University Cooperative Extension, Eat Smart New York!

Nutrition Information

| Key Nutrients | Amount | % Daily Value* |
|----------------|--------|----------------|
| Total Calories | 90 | |
| Total Fat | 0 g | 0% |
| Protein | NA | |
| Carbohydrates | NA | |
| Dietary Fiber | NA | |
| Saturated Fat | 0 g | 0% |
| Sodium | NA | |