# Manhattan Clam Chowder

Try this hearty chowder full of carrots, tomatoes, potatoes, and clams that can be easily made in a slow cooker.

Makes: 9 servings Prep Time: 10 minutes Cook Time: 20 minutes

Source: choosemyplate.gov recipes/ manhattan clam chowder

#### **Ingredients**

- 3 celery (stalks, medium washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (low sodium)
- 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 (low sodium)
- 1 tablespoon parsley flakes (dried)

#### **Directions**

- 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.



## Small Changes, BIG Difference!





#### **Nutrition Information**

Serving Size: 1 cup	
Nutrients	Amount
Calories:	98
Total Fat:	<u>1</u> g
Saturated Fat:	<u>0 g</u>
Cholesterol:	16 mg
Sodium:	347 mg
Total Carbohydrates:	14 g
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>5 g</u>
Protein	9 g

#### **Utensils Needed**

- Cutting Board
- · Chopping Knife
- Large Pot
- Spoon
- Cover



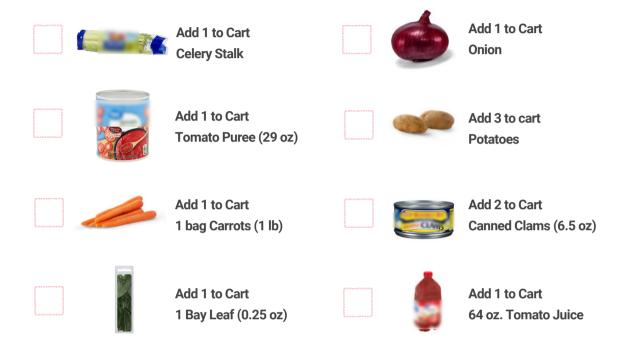
#### **SHOPPING LIST**

Average total cost of ingredients without oil and seasonings: \$12.15 Average cost/serving: \$1.35

**Makes: 9 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### **Ingredients**



#### **SAVE TIME, SAVE MONEY**

### My Cooking Notes

#### **Cooking Tips**

- Serve with whole grain crackers.
- Make sure you buy 100% tomato juice.
- Use a dash of ground black pepper instead of peppercorns.
- Instead of using a large pot, you can use a crockpot if you have one

#### **Similar Recipes**

- Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:
  - Lentil Minestrone

