

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

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.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	98
Total Fat:	1 g
Saturated Fat:	0 g
Cholesterol:	16 mg
Sodium:	347 mg
Total Carbohydrates:	14 g
Dietary Fiber:	2 g
Total Sugars:	5 g
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



Add 1 to Cart
Celery Stalk



Add 1 to Cart
Onion



Add 1 to Cart
Tomato Puree (29 oz)



Add 3 to cart
Potatoes



Add 1 to Cart
1 bag Carrots (1 lb)



Add 2 to Cart
Canned Clams (6.5 oz)



Add 1 to Cart
1 Bay Leaf (0.25 oz)



Add 1 to Cart
64 oz. Tomato Juice

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

