



## Manhattan Clam Chowder

Yield: 9 servings

### Ingredients:

- 3 celery stalks, medium - washed & sliced)
- 1 onion (large, chopped)
- 1/2 cup tomato puree (no salt added)
- 1 1/2 cup potatoes (sliced)
- 1 1/2 cup carrot (washed and sliced)
- 2 cans clams (6 1/2 ounces each, chopped, drained)
- 1 1/2 teaspoon thyme (dried)
- 1 bay leaf
- 2 black peppercorns
- 1 1/2 cup 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.

Cost: Per recipe: \$5.52; Per serving: \$0.61

**Nutrition Facts:** Calories, 90; Calories from fat, 5; Total fat, 0g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 10mg; Sodium, 55mg; Total Carbohydrate, 16g; Fiber, 2g; Protein, 6g; Vit. A, 70%; Vit. C, 30%; Calcium, 4%; Iron, 8%.

Source: Cornell University Cooperative Extension, Eat Smart New York!



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