

Manhattan Clam Chowder

Serves 8

3 cans Crown Prince whole baby clams
4 strips turkey bacon
1 T. olive oil
1 c. chopped onion
1 c. chopped celery
3 cloves finely chopped garlic
1/4 c. chopped flat-leaf parsley
1 bottle Crown Prince clam juice
3 c. potatoes, cut into 1-inch cubes
4 c. chicken stock
2 c. tomato puree
1 t. dried thyme
pinch chili flakes
sea salt and fresh ground pepper to taste
Tabasco to taste

Drain canned clams of juice and reserve juice. In a large soup pot, sauté bacon, onion and celery in oil until onion is translucent. Add garlic and parsley and sauté an additional minute. Add bottled clam juice, reserved clam juice and potatoes and simmer until potatoes are tender. Add stock, tomatoes, thyme and chili flakes and heat until hot. Adjust salt and pepper and add drained clams. Do not cook too much longer or clams will get tough. Add Tabasco if desired.

Nutrition (per serving): 257.5 calories; 17% calories from fat; 4.7g total fat; 52.0mg cholesterol; 431.4mg potassium; 15.7g carbohydrates; 1.7g fiber; 4.3g sugar; 13.9g net carbs; 33.5g protein.