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# NEW ENGLAND CLAM CHOWDER

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2 teaspoons	Canola oil
4 slices	Bacon, chopped
1 medium	Onion, chopped
2 stalks	Celery, chopped
2 teaspoons	Fresh thyme, chopped or 1 teaspoon dried
1 medium	Red potato, diced
1 8-ounce	Bottle clam juice
1	Bay leaf
3 cups	Low-fat milk
1/2 cup	Heavy cream
1/3 cup	All-purpose flour
3/4 teaspoon	Salt
12 ounces	Fresh clam strips, chopped, or 3 6-ounce cans chopped baby clams, rinsed
2	Scallions, thinly sliced

- Heat oil in a large saucepan over medium heat. Add bacon and cook until crispy, 4 to 6 minutes. Transfer half of the cooked bacon to a paper towel-lined plate with a slotted spoon.
- Add onion, celery and thyme to the pan; cook, stirring, until beginning to soften, about 2 minutes. Add potato, clam juice and bay leaf. Bring to a simmer, cover and cook until the vegetables are just tender, 8 to 10 minutes.
- Whisk milk, cream, flour and salt in a medium bowl. Add to the pan and return to a simmer, stirring, over medium-high heat. Cook, stirring, until thickened, about 2 minutes. Add clams and cook, stirring occasionally, until the clams are just cooked through, about 3 minutes more.
- To serve, discard bay leaf. Ladle into bowls and top each serving with some of the reserved bacon and scallions.



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**Nutrition per serving:** 253 Calories; 20g Carbohydrates; 13g Fat, 16g Protein, 585mg sodium