



Clam Chowder

Prep: 20 minutes

Cook: 40 minutes • Serves: 8

- 6 slices smoked bacon
- 3 medium celery ribs, chopped (about $\frac{2}{3}$ cup)
- $\frac{1}{2}$ medium onion, chopped (about $\frac{1}{2}$ cup)
- $\frac{1}{4}$ cup all-purpose flour
- 4 cans (6.5 ounces each) minced clams, drained and liquid reserved
- 1 cup less-sodium chicken broth
- 4 medium red potatoes (about $1\frac{3}{4}$ pounds), unpeeled, cut into $\frac{1}{2}$ -inch pieces (about 5 cups)
- $\frac{3}{4}$ cup half and half, at room temperature
- 1 teaspoon Worcestershire sauce
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- Hot sauce, to taste
- Fresh chopped curly parsley for garnish (optional)
- Oyster crackers for serving (optional)

1. In large saucepot, cook bacon over medium-high heat 8 minutes or until crisp, stirring occasionally. Transfer bacon to paper towel-lined plate to drain. Once cooled, crumble.

2. Remove and discard all but 2 tablespoons bacon drippings in saucepot. To drippings, add celery and onion; cook over medium heat 8 minutes or until onion begins to soften, stirring occasionally. Stir in flour; cook 2 minutes, stirring frequently. Stir in reserved clam juice and broth. Add potatoes and heat to simmering. Reduce heat to medium-low; cook 8 minutes or until potatoes are almost tender, stirring occasionally.

3. Stir in half and half and clams; cook 10 minutes longer or until heated through, stirring occasionally. Stir in Worcestershire, salt, pepper and bacon. Add hot sauce to taste. Makes about 8 cups.

4. Garnish with parsley and serve with crackers, if desired.

Approximate nutritional values per serving:

215 Calories, 8g Fat (4g Saturated), 25mg Cholesterol, 963mg Sodium, 26g Carbohydrates, 2g Fiber, 10g Protein