

Boston Clam Chowder

Kathi White

Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

Servings: 8

*1/2 pound minced clams (or
two 6-1/2 ounce cans)
2 cups onion, chopped fine
1 cup celery, finely diced
2 cups potatoes, diced
small
3/4 cup butter
3/4 cup flour
1 pint half-and-half
1 pint milk
1 1/2 teaspoons salt
1/2 teaspoon sugar
few grinds pepper
grated carrots (optional)*

Drain the juice from the clams. Pour the juice over the vegetables in a medium saucepan. Add enough water to barely cover. Simmer, covered, until the potatoes are tender, about 20 minutes.

In the meantime, melt the butter in a saucepan. Add the milk and half-and-half. Cook, stirring, until smooth and thick, using a wire whisk to blend.

Add the undrained vegetables and clams. Heat through.

Add salt and pepper to taste.

Per Serving (excluding unknown items): 281 Calories; 20g Fat (61.4% calories from fat); 5g Protein; 23g Carbohydrate; 2g Dietary Fiber; 55mg Cholesterol; 622mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.