

Clam Chowder

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Servings: 8

Preparation Time: 25 minutes

Cook time: 3 hours

3 cups celery, chopped
1 1/2 cups onion, chopped
1 cup carrot, chopped
2 bottles (8 oz) clam juice
1 can (14 oz) reduced-sodium chicken broth
1 1/2 teaspoons dried thyme, crushed
1/2 teaspoon salt
1/2 teaspoon coarsely ground black pepper
1 cup fat-free half-and-half
2 tablespoons cornstarch
2 cans (6.5 oz) chopped clams, drained
2 tablespoons dry sherry (optional)
4 slices turkey bacon, crisp-cooked, drained and crumbled
sliced green onions (optional)

In a 3- to 4-quart slow cooker, combine the celery, onion, carrot, clam juice, broth, thyme, salt and pepper.

Cover and cook on LOW for 4 1/2 to 5 hours or on HIGH for 2 to 2 1/2 hours.

If using the LOW heat setting, turn to HIGH heat setting.

In a small bowl, combine the half-and-half and cornstarch.

Stir the half-and-half mixture, the clams and, if desired, the sherry wine into the cooker.

Cover and cook for 30 minutes more.

Sprinkle each serving with crumbled bacon and, if desired, green onions.

Per Serving (excluding unknown items): 110 Calories; 2g Fat (18.8% calories from fat); 12g Protein; 10g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 316mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Lean Meat; 1 Vegetable; 0 Fat.