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Manhattan Clam Chowder

Ingredients

3 celery ribs, sliced
1 large onion, chopped
1 (14½-ounce) can sliced potatoes, drained
2 (14½-ounce) cans sliced carrots, drained
2 (6½-ounces) cans chopped clams
2 cups tomato juice
1½ cups water
½ cup tomato puree
1 Tablespoon dried parsley flakes
1½ teaspoons dried thyme
1 bay leaf
2 whole black peppercorns

Makes 9 servings

Instructions

1. In a slow cooker combine all ingredients, stir.
2. Cover and cook on low for 8-10 hours or until the vegetables are tender.
3. Remove bay leaf and peppercorns before serving.

Nutrition Facts

Serving Size 1 1/4 cup
Servings Per Container 9

Amount Per Serving

Calories 140	Calories from Fat 10
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 460mg	**19%**
Total Carbohydrate 19g	**6%**
Dietary Fiber 4g	**16%**
Sugars 5g	
Protein 13g	

Vitamin A 210% • Vitamin C 60%
Calcium 8% • Iron 70%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

6% calories from fat

Source: Cornell Cooperative Extension of Schoharie County. February 2010

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