

Manhattan Clam Chowder

Serving size: 1/6th of recipe

Serves: 6

Ingredients:

1 tablespoon olive oil
1 medium onion, diced
1 pablano pepper, diced
1 small carrot, shredded
1 stalk celery, diced
1 clove garlic, minced

1 (14.5 oz cans) no salt added diced tomatoes
2 medium potatoes, cubed and boiled
2 (6.5 oz cans) minced clams

1 tablespoon fresh oregano
1 tablespoon fresh basil
1 tablespoon Worcestershire sauce
Dash of hot pepper sauce to taste
Dash of salt
Dash of coarse black pepper
2 cups fat free half and half

Directions:

In a stock pot or Dutch oven heat the olive oil on medium high heat.
Sauté the onion, pablano pepper, carrot, celery and garlic until the onion is soft.
Add the tomatoes, potatoes and clams. Bring to a simmer and cook 10-15 minutes.
Add the seasonings and taste. Adjust as necessary.
Add the fat free half and half and return to a simmer. Cook for 20 minutes stirring occasionally.

Serve with hearty oyster crackers or homemade cornbread.

Exchanges per serving:

½ Lean Meat, 1 Starch, 2 Vegetables

Nutrients per serving:

Calories: 136
Calories from fat: 12
Total Fat: 1g
Cholesterol: 6mg
Sodium: 320 mg
Total Carbohydrate: 27g
Dietary Fiber: 3g
Protein: 5g