



## Patriotic New England Clam Chowder

prep time:  
10 minutes

cook time:  
15 minutes

makes 4 (1-cup)  
servings

### grocery list

fresh russet potato  
chicken broth  
1 (6½-oz.) can chopped clams  
**Morton & Bassett Thyme Leaves**  
bacon  
fresh small onion, chopped  
ShopRite all-purpose flour  
heavy cream

# patriotic new england clam chowder

- 1 medium russet potato, peeled and cut into 1/2-inch cubes
- 1 cup chicken broth
- 1 (6 1/2-oz.) can chopped clams, undrained
- Additional clam juice or chicken broth, as needed
- 1/4 tsp. **Morton & Bassett Thyme Leaves**
- 3 strips bacon, cut up
- 1 small fresh onion, chopped
- 2 tbsp. ShopRite all-purpose flour
- 1 cup heavy cream

1. Combine potato cubes and broth in medium saucepan. Bring to a boil; reduce heat and simmer, covered, 5 to 7 minutes or until potato is tender. Set aside.
2. Meanwhile, drain clams, reserving juice. Set juice and clams aside in separate small bowls. Add clam juice or chicken broth to reserved clam juice, as needed, to equal 1/2 cup.
3. Cook and stir bacon in large saucepan over medium heat about 5 minutes or until lightly browned. Add onion to bacon and drippings in pan; cook and stir about 3 minutes or until tender. Blend in flour, clam juice, cream, and thyme. Cook and stir until thickened.
4. Add reserved potatoes with cooking liquid. Cook and stir until bubbly. Stir in reserved clams; heat thoroughly, but do not boil.

Per Serving: 324 calories, 15g carbohydrate, 6g protein, 27g fat, 1g fiber, 94mg cholesterol, 592mg sodium

## cook's journal

---

---

---

---

## kitchen tools

vegetable peeler  
or paring knife

chef's knife

cutting board

liquid measuring  
cup

measuring spoons

medium saucepan

small bowls

large saucepan

## recipe note

Substitute 1 cup of frozen O'Brien potatoes in place of fresh potato.

## a good idea

Add chunks of lobster or crabmeat for extra seafood flavor. Serve in large mugs for a casual flair.

