



Healthy Eating & Weight Loss

Manhattan Clam Chowder

- 1 1/2 tsp vegetable oil
- 2 slices turkey bacon
- 1 onion, diced
- 2 celery stalks sliced
- 1 can (28 oz) crushed tomatoes
- 2 1/2 cups water
- 2 potatoes (large) - scrubbed and cut into chunks
- 1/2 tsp thyme
- Pinch Salt, Pinch Pepper
- 1 bay leaf
- 1/2 pound green beans , cut into 1/2 inch pieces
- 24 hard shell clams, shucked
- 1/4 cup chopped fresh parsley

In a large saucepan, heat oil over medium heat. Add the bacon and cook until browned, stir in celery and onion and cook until tender (about 5 minutes)

Stir in tomatoes, water, potatoes, thyme, salt, pepper and bay leaf. Bring to a boil. Simmer uncovered until potatoes are tender (about 20 minutes) Add beans and clams and cook until beans are tender and clams are cooked through (about 5 minutes) Remove the bay leaf and stir in the parsley and serve.

Makes 6 servings

180 calories per serving, 13 g protein

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