

# Easy Clam Chowder

Yield: 6 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-pot-liquor-soup-recipe>

## Ingredients:

- 4 slices bacon diced
- 2 tablespoons unsalted butter
- 2 cloves garlic minced
- 1 onion diced
- 1/2 teaspoon dried thyme
- 3 tablespoons all-purpose flour
- 1 cup milk
- 1 cup vegetable stock
- 13 ounces clams chopped, juices reserved
- 1 bay leaf
- 2 russet potatoes peeled and diced
- 1 cup half and half
- kosher salt
- ground black pepper
- 2 tablespoons fresh parsley leaves chopped

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 65 milligrams
4. Fat: 19 grams
5. Fiber: 1 grams
6. Protein: 16 grams
7. SaturatedFat: 9 grams
8. Sodium: 530 milligrams
9. Sugar: 4 grams

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