

Manhattan Clam Chowder

Yield: 5 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/clams-south-indian-recipe>

Ingredients:

- 4 bacon slices thick-cut, cut into 1/2-inch dice
- 2 leeks white and light green portions, rinsed and finely chopped
- 3 celery stalks cut into slices 1/2 inch thick
- 2 russet potatoes peeled and cut into 1/2-inch dice
- 2 garlic cloves minced
- juices
- 28 ounces diced tomatoes
- juices
- 2 cans clams
- freshly ground pepper
- salt
- 2 teaspoons fresh lemon juice
- 2 tablespoons fresh flat leaf parsley finely chopped
- crackers Chowder, for serving, optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 30 milligrams
4. Fat: 4 grams
5. Fiber: 4 grams
6. Protein: 16 grams
7. SaturatedFat: 1 grams
8. Sodium: 310 milligrams
9. Sugar: 15 grams

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