
Boston Clam Chowder III

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

4 slices bacon, sliced
2 medium onions, chopped
1 carrot, diced
1 stalk celery, diced
1/2 green pepper, diced
1 tablespoon parsley, chopped
1 tablespoon flour
2 tomatoes, diced
1 small potato, diced
1 can (10 ounce) clams plus juice
2 cups water
1/4 teaspoon thyme
1/2 teaspoon salt
1/8 teaspoon pepper
2 bay leaves
1/2 cup 15% cream

In a skillet, fry the bacon until nearly crisp.

Place the vegetables and seasonings in a Dutch oven. Mix in the flour. Add the bacon and water. Bring to a boil. Reduce the heat to very low.

Cook for one hour, stirring every 15 minutes. Add the cream. Taste and correct the seasoning. Heat just to the boiling point.

Serve.

Yield: 6 to 8 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 463 Calories; 14g Fat (26.3% calories from fat); 17g Protein; 72g Carbohydrate; 13g Dietary Fiber; 22mg Cholesterol; 1584mg Sodium. Exchanges: 2 Grain(Starch); 1 Lean Meat; 8 Vegetable; 2 Fat.