

Clam Chowder

Patti Stanley

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*4 strips bacon with
drippings
2 cups liquid (clam juice and
water)
4 medium potatoes, diced
1/2 cup chopped onions
1/2 cup chopped carrots
1/2 cup chopped celery
16 ounces clams (with
juice)
2 1/2 cups milk, reserve one
half cup
3 tablespoons flour
1/2 tablespoon
Worcestershire sauce
1/2 tablespoon celery salt
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon margarine or
butter*

In a skillet, cook the bacon. Remove the bacon with a slotted spoon. Allow to cool and, when cool, crumble and set aside. Pour the bacon drippings into a saucepan. Add the two cups of liquid. Heat to a boil. Stir in the clams and the milk (except for the reserved 1/2 cup). Cover and cook on low for 15 minutes.

In a bowl, place the reserved milk and add the flour. Blend well. Add to the saucepan mixture. Cook another 8 minutes, stirring constantly until bubbly.

Add the Worcestershire sauce, salt, pepper and celery salt. Mix. Add the butter and cook another minute. Sprinkle the crumbled bacon over the top.

Serve.

Per Serving (excluding unknown items): 939 Calories; 23g Fat (21.6% calories from fat); 35g Protein; 153g Carbohydrate; 13g Dietary Fiber; 86mg Cholesterol; 3931mg Sodium. Exchanges: 7 Grain(Starch); 3 Vegetable; 2 1/2 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.