

Land Lovers Clam Chowder

Barbara Beam - San Saba, TX
Treasure Classics - National LP Gas Association - 1985

Servings: 6

1/2 medium onion, chopped
1 tablespoon margarine
1 can (10-3/4 ounce) cream of potato soup
1 can (10-3/4 ounce) cream of celery soup
1 can (10-3/4 ounce) cream of mushroom soup
1 can (5-1/2 ounce) evaporated milk
1 can (8 ounce) diced clams
1 can (6-1/2 ounce) crab meat (optional)

Preparation Time: 10 minutes**Cook Time: 15 minutes**

In a 1-1/2 quart saucepan, cook the onion in melted margarine until clear.

Add the three cream soups, the milk, clams and crab meat (if using), mixing well after each addition.

Heat slowly, stirring to keep from sticking.

Serve hot with a variety of crackers.

Per Serving (excluding unknown items): 126 Calories; 8g Fat (56.1% calories from fat); 4g Protein; 10g Carbohydrate; trace Dietary Fiber; 16mg Cholesterol; 564mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.