

# Manhattan Clam Chowder II

*www.HeinzKetchup.com*

## Servings: 8

*1 tablespoon vegetable oil  
1 tablespoon butter  
1 cup onions, finely chopped  
1/3 cup celery, finely chopped  
1/3 cup carrot, finely chopped  
1 teaspoon fresh thyme, chopped  
1 clove garlic, minced  
2 tablespoons flour  
3 cups tomato juice  
1 cup clam juice  
1 cup milk  
1/2 cup ketchup  
1 large potato, peeled and diced  
1 can (10 ounce) clams, drained  
1 tablespoon fresh parsley, chopped  
salt (to taste)  
pepper (to taste)*

## Preparation Time: 10 minutes

In a soup pot set over medium heat, heat the oil and butter. Add the onion, celery, carrot, thyme and garlic. Saute', stirring often, for 5 minutes or until softened.

Sprinkle in the flour. Cook, stirring, for 1 minute.

In a bowl, combine the tomato juice, clam juice, milk and ketchup.

Stir a little of the juice mixture into the flour mixture until the flour is incorporated. Stir in the remaining juice mixture. Add the potatoes. Bring to a boil.

Reduce the heat to low. Simmer for 30 minutes, stirring often.

Add the clams and cook for 2 to 3 minutes. Sprinkle with parsley and add salt and pepper to taste.

Start to Finish Time: 45 minutes

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Per Serving (excluding unknown items): 110 Calories; 4g Fat (33.7% calories from fat); 3g Protein; 16g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 547mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 1 Fat; 1/2 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	110	Vitamin B6 (mg):	.2mg
% Calories from Fat:	33.7%	Vitamin B12 (mcg):	1.0mcg

% Calories from Carbohydrates: 55.9%  
 % Calories from Protein: 10.4%  
 Total Fat (g): 4g  
 Saturated Fat (g): 2g  
 Monounsaturated Fat (g): 2g  
 Polyunsaturated Fat (g): 1g  
 Cholesterol (mg): 9mg  
 Carbohydrate (g): 16g  
 Dietary Fiber (g): 2g  
 Protein (g): 3g  
 Sodium (mg): 547mg  
 Potassium (mg): 478mg  
 Calcium (mg): 59mg  
 Iron (mg): 1mg  
 Zinc (mg): trace  
 Vitamin C (mg): 26mg  
 Vitamin A (i.u.): 2287IU  
 Vitamin A (r.e.): 246RE

Thiamin B1 (mg): .1mg  
 Riboflavin B2 (mg): .1mg  
 Folic Acid (mcg): 31mcg  
 Niacin (mg): 1mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Daily Value

## Food Exchanges

Grain (Starch): 1/2  
 Lean Meat: 0  
 Vegetable: 1  
 Fruit: 0  
 Non-Fat Milk: 0  
 Fat: 1  
 Other Carbohydrates: 1/2

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 110      Calories from Fat: 37

### % Daily Values\*

Total Fat 4g 7%  
   Saturated Fat 2g 9%  
 Cholesterol 9mg 3%  
 Sodium 547mg 23%  
 Total Carbohydrates 16g 5%  
   Dietary Fiber 2g 9%  
 Protein 3g

Vitamin A 46%  
 Vitamin C 43%  
 Calcium 6%  
 Iron 7%

\* Percent Daily Values are based on a 2000 calorie diet.