
Mom`s Manhattan Clam Chowder

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1 dozen large clams
1 small package bacon
2 to 3 pieces celery
1 medium onion
1 teaspoon thyme
1 teaspoon sage
1 teaspoon salt
4 or 5 potatoes
2 bay leaves
1/2 package mixed vegetables
1 large can tomato sauce

Wash the clams. Steam in a covered pot with two inches of water.

In a skillet, fry the bacon. Drain and crumble. Save the drippings.

Remove the clams when they open. Dice and set aside.

Add to the water the bacon drippings, chopped clams and all of the remaining ingredients.

Simmer for 1-1/2 hours.

Soups, Chili, Stew

Per Serving (excluding unknown items): 778 Calories; 7g Fat (7.9% calories from fat); 50g Protein; 134g Carbohydrate; 20g Dietary Fiber; 87mg Cholesterol; 4227mg Sodium. Exchanges: 6 Grain(Starch); 4 1/2 Lean Meat; 7 Vegetable; 1/2 Fat.