

## Manhattan (Red) Clam Chowder



If you have a Trader Joe's close by, this recipe is even easier. If not, you just have some extra chopping to do. This recipe is super easy and makes about 8 servings. Other than opening some cans and bottles, all you need to do is cut up some bacon and potatoes. And it tastes AMAZING! The fat from the bacon gives it a very rich flavor. The fire-roasted tomatoes gives it a hint of heat, too. Of course, feel free to add Tabasco sauce to kick it up a notch. Enjoy!

### Ingredients:

- 3 strips of thick-cut bacon
- Trader Joe's pre-mix of chopped Celery, Carrots, Onion
  - If you don't have this, then chop up 2/3 cup of each
- 1 large yellow or russet potato
- 2 bottles of clam juice
- 1 can of chopped clams
- 1 can of whole clams
- 28oz can of crushed fire-roasted tomatoes
- Garlic in oil
- Bay Leaves
- Thyme
- Celery Salt

### Prep / Prep Time (10 minutes):

- Peel and chop potatoes into bite sized pieces
- Slice bacon down the middle and then cut into square sized chunks

### Cooking / Cook Time (50 minutes):

- Add bacon to large pot pre-heated to med-high
- Cook until most of fat melts and bacon starts to crisp
- Add onion, celery, and carrots
- Sauté for 5 minutes

## Manhattan (Red) Clam Chowder

- Add 1 tbl of garlic in oil
- Add 2 bay leaves
- Add ½ tsp thyme
- Add ½ tsp celery salt
- Add 2 bottles of clam juice
- Open canned clams and drain juice into pot
- Put canned clams into fridge to use later
- Add crushed tomatoes
- Add potatoes
- Cover and bring to a boil
- Simmer for 35 minutes until potatoes are soft
- Add all clams
- Cover and simmer another 5 minutes
- Add salt and pepper to taste

### Extras/Alternatives:

- If you don't want to use bacon, just use a few tablespoons of your favorite cooking oil to sauté the veggies. I'd recommend avocado or filtered coconut oil as a good fat.
- You can use regular crushed tomatoes instead of fire-roasted.
- You can add Tabasco sauce to add extra heat.
- You can get fresh whole clams instead of canned.