



Cornell University

Cornell Cooperative Extension
Expanded Food and Nutrition Education Program
B17 Savage Hall: Ithaca, New York 14853
t. 607.255.7715; f. 607.255.0027
https://fnec.cornell.edu

New England Clam Chowder

Makes about 6 servings

Ingredients:

- 1 Tbsp. canola oil
1 medium onion, diced
2 carrots, diced
2 stalks celery, diced
2 medium-large potatoes, peeled and diced
3 6.5 oz. cans chopped clams
2 1/2 cups 1% lowfat milk
2 cups fat-free half-and-half
2 Tbl. cornstarch
1/4 tsp. garlic powder
1/4 tsp. thyme leaves

Directions:

- 1. Sauté onion, carrot, and celery in canola oil for 5-7 minutes until onion is transparent.
2. Add potatoes and clams (with their liquid) and simmer until potatoes are almost tender, 6-8 minutes
3. Stir in 2 cups lowfat milk, half-and-half, garlic powder and thyme leaves.
4. Add cornstarch to remaining 1/2 cup milk, stirring until dissolved, then add to soup.
5. Heat until warmed through, but do not boil.

Source: Recipe from Broome County CCE

Nutrition Facts

Table with 2 columns: Amount per serving and % Daily Value*. Rows include: 6 servings per container, Serving size 1/6 of recipe (428g), Amount per serving, Calories 230, Total Fat 4.5g (6%), Saturated Fat 1.5g (8%), Trans Fat 0g, Cholesterol 10mg (3%), Sodium 360mg (16%), Total Carbohydrate 40g (15%), Dietary Fiber 3g (11%), Total Sugars 12g, Includes 0g Added Sugars (0%), Protein 9g, Vitamin D 0mcg (0%), Calcium 245mg (20%), Iron 2mg (10%), Potassium 1111mg (25%).

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

Building Strong and Vibrant New York Communities

Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. This material was funded by Expanded Food and Nutrition Education Program.

