



# Garden Clam Chowder

## INGREDIENTS:

- 1 cup carrots, finely chopped
- 3/4 cup celery, sliced
- 1/2 cup onion, chopped
- fc 2 Tbsp olive oil
- 2 cups potatoes with skins, cubed
- fc 1 (14.5 oz) can Italian style stewed tomatoes
- fc 1-1/2 cup chicken broth
  - 1/2 tsp hot sauce
- fc Salt and black pepper to taste
  - 2 tbsp fresh parsley, chopped
  - 1/4 tsp thyme
- 2 (7 oz) can clams, chopped



## INSTRUCTIONS:

In a large saucepan or dutch oven, saute carrots, celery and onions in olive oil for 5 minutes. Stir in potatoes, stewed tomatoes and chicken broth. Simmer, uncovered, about 30 minutes. When potatoes are tender, stir in parsley, hot sauce, salt, black pepper, thyme and clams with at least part of the liquid. Heat through for 1 minute.