

## Low Fat Clam Chowder

By: Dottie Baltz

Makes about 10 cups.

One serving as a meal is 2 cups, one serving as an appetizer or side dish is 1 cup.

- ~ 2 small or 1 large cooking onion, diced
- ~ 3 cloves garlic, minced
- ~ 3 stalks celery, diced
- ~ 1 tablespoon butter
- ~ 1 can clam juice (13.5 oz)
- ~ 4 cans chopped clams (6.5 oz), juice reserved
- ~ 4-6 organic carrots sliced thin
- ~ 4 potatoes cut into 1/2" cubes
- ~ 1 pint fat free Half & Half
- ~ 1 tablespoon black ground pepper
- ~ 1 teaspoon [Konjac Flour](#) (No Calorie Thickener)

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Sauté onions, garlic and celery in the butter just until onions are soft and translucent. Add the clam juice from the can as well as the juice from the canned clams. Add the carrots and potatoes and cook for about 10-15 minutes on medium heat just until potatoes and carrots are fork tender. Stir in half and half and black pepper to taste. To thicken the chowder, whisk in one teaspoon of Konjac Flour. Simmer 5 minutes and serve.

### Notes:

If using fresh steamed clams, increase the clam juice to two cans and cut clams into bite sized pieces.

If you don't have Konjac Flour you will need to thicken the chowder by making a roux of equal parts melted butter and flour and mixing it into the chowder, therefore dramatically increasing the fat and calories in this dish. You can also thicken it with potato flakes, but I really don't care for the texture that way.