

Clam Chowder

Yield: 4 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/mussel-meat-recipe-indian>

Ingredients:

- 3 strips bacon chopped
- 5 tablespoons unsalted butter
- 1/2 yellow onion diced
- 1 carrot peeled and diced
- 1 leek cleaned and thinly sliced, white and light green part only
- 2/3 cup fresh corn from 1 cob
- 1 1/2 tablespoons fresh thyme minced
- 1 1/2 cups new potatoes diced
- 1/3 cup all-purpose flour
- 2 1/2 cups clam juice
- 2 1/2 cups clams chopped
- 1 3/4 cups milk
- salt
- pepper

Nutrition:

1. Calories: 1190 calories
2. Carbohydrate: 138 grams
3. Cholesterol: 130 milligrams
4. Fat: 49 grams
5. Fiber: 4 grams
6. Protein: 56 grams
7. SaturatedFat: 18 grams
8. Sodium: 2150 milligrams
9. Sugar: 31 grams

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