

Eat
Well



CREAMY CLAM CHOWDER

This east coast favourite makes for a delicious starter. Or pair it with a salad for a satisfying lunch. The mushrooms give this soul-warming soup a hearty texture.

Prep Time **15** min

Cook Time **15** min

Makes 4 Servings

- 10 mL (2 tsp) canola oil
- 1 pkg (227 g/8 oz) mushrooms, chopped
- 1 small onion, diced
- 3 cloves garlic, minced
- 2 stalks celery, diced
- 30 mL (2 tbsp) chopped fresh parsley or 15 mL (1 tbsp) dried parsley
- 15 mL (1 tbsp) chopped fresh tarragon or 5 mL (1 tsp) dried tarragon
- 45 mL (3 tbsp) all purpose flour
- 500 mL (2 cups) skim milk
- 250 mL (1 cup) sodium reduced vegetable or fish broth
- 1 can (142 g) baby clams, drained and rinsed
- 250 mL (1 cup) corn kernels

1. In a soup pot, heat oil over medium heat and cook mushrooms, onion, garlic, celery, parsley and tarragon for about 8 minutes or until liquid starts to evaporate. Stir in flour until well coated.

2. Pour in milk and broth; bring to a gentle boil. Stir in clams and corn and simmer gently for about 5 minutes or until thickened and bubbling slightly.

NUTRIENTS PER SERVING

% DV

| | | |
|-------------------|--------|------|
| Calories | 208 | - |
| Fat | 4 g | 6 % |
| Saturated + Trans | 1 g | 4 % |
| | 0 g | - |
| Cholesterol | 21 mg | - |
| Sodium | 126 mg | 5 % |
| Carbohydrate | 27 g | 9 % |
| Fibre | 3 g | 11 % |
| Sugars | 10 g | - |
| Protein | 18 g | - |
| Vitamin A | - | 15 % |
| Vitamin C | - | 14 % |
| Calcium | - | 19 % |
| Iron | - | 18 % |



TIPS

- Lactose intolerant? Replace the milk with lactose-free milk or an unsweetened, fortified soy beverage.
- You can use fresh or frozen corn in this recipe. No need to thaw the frozen corn before using.
- Spice up the soup with a few grinds of pepper or a dash of hot sauce.

Recipe developed by Emily Richards, P.H. Ec. for Health Canada and the Heart and Stroke Foundation.



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