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## Manhattan Clam Chowder

### Ingredients:

- 3 celery ribs, sliced
- 1 large onion, chopped
- 1 (14½-ounce) can sliced potatoes, drained
- 2 (14½-ounce) cans sliced carrots, drained
- 2 (6½-ounces) cans chopped clams
- 2 cups tomato juice
- 1½ cups water
- ½ cup tomato puree
- 1 Tablespoon dried parsley flakes
- 1½ teaspoons dried thyme
- 1 bay leaf
- 2 whole black peppercorns

*Makes 9 servings - 6% calories from fat*

### Instructions:

1. In a slow cooker combine all ingredients, stir.
2. Cover and cook on low for 8- 10 hours or until the vegetables are tender.
3. Remove bay leaf and peppercorns before serving.

<b>Nutrition Facts</b>	
Serving Size 1 1/4 cup	
Servings Per Container 9	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 10</b>
<b>% Daily Value*</b>	
<b>Total Fat 1g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 25mg</b>	<b>8%</b>
<b>Sodium 460mg</b>	<b>19%</b>
<b>Total Carbohydrate 19g</b>	<b>6%</b>
Dietary Fiber 4g	16%
Sugars 5g	
<b>Protein 13g</b>	
Vitamin A 210%	Vitamin C 60%
Calcium 8%	Iron 70%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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