

Delicaé Gourmet Product Information

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48391 New England Clam Chowder

This thick creamy chunky chowder is the delicious traditional dish of New England.

Just add Clams, Cream and Mushroom Soup.

Ingredients: Dehydrated Vegetables (Potatoes, Onion, Celery), Minced Garlic, Thyme, Parsley, Black Pepper, Basil and Bay Leaf.

Ingredients needed

(5-6 quart slow cooker)

- 1 10 ½ oz can of low sodium concentrated cream of mushroom soup
- 4 cups of half & half
- 2 8 fl oz bottles of clam juice
- 4 6 ½ oz cans of chopped clams
- 2 cups of water or vegetable broth

Cooking Instructions

1. Place the potatoes, vegetable and spice packets in slow cooker.
2. Use liquid drained from clams plus 2 bottles of clam juice for a total of 4 cups.
3. Pour clam juice, mushroom soup and water or vegetable broth over ingredients.
4. Cover and cook on high for 3½-4½ hours or low for 6-7 hours. **Do not lift lid while cooking.**
5. Place the half & half and clams into a bowl. Slowly ladle chowder into bowl until contents of bowl are heated.
6. Return heated contents of bowl to slow cooker.
7. Cook on high for 1 hour or until soup bubbles.
8. When ready to serve salt to taste.

Serving Suggestions

Garnish with sour cream, fresh parsley & chives.

Top with a grind of black pepper.

Sprinkle with chopped bacon bits.

For an extra treat add 1-2 lbs. of frozen corn near the end of cooking.

Add a dash of dry sherry.

Serve with oyster crackers and white wine.

Accompany with a green salad.

Nutrition Facts

Serving Size As Packaged .81 oz. (23g)

As Prepared 10.3 oz (291g)

Servings Per Container 11

Amount Per Serving	As Packaged	As Prepared	
Calories	80	250	
Calories from Fat	0	110	
% Daily Value**			
Total Fat 0g*	0%	18%	
Saturated Fat 0g	0%	30%	
Trans Fat 0g			
Cholesterol 0mg	0%	15%	
Sodium 30mg	1%	30%	
Total Carbohydrate 19g	6%	9%	
Dietary Fiber 1g	4%	8%	
Sugars 1g			
Protein 2g			
Vitamin A	2%	8%	
Vitamin C	8%	10%	
Calcium	2%	10%	
Iron	6%	10%	
<small>* Amount in Mix. As prepared, one serving provides 12g total fat (6 saturated fat), 45mg cholesterol, 730mg sodium, 26g carbohydrate (2g fiber, 1g sugar) and 10g protein.</small>			
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat 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