



### **Slow Cooker Manhattan Clam Chowder**

This low-fat soup will satisfy your taste buds when using clam broth as the soup base. Serves 4

- 2 thick slices pancetta
- 1 onion, diced
- 3 envelopes St. Ours Clam Broth
- 3 – 6.25 oz cans minced clams, drained
- 3 carrots, sliced
- 3 celery stalks, chopped
- 3 cloves garlic, minced
- 4 medium new potatoes, diced
- 1 – 28oz can diced tomatoes
- 2 bay leaves
- 2 tsp dried thyme
- 2 tsp dried parsley
- ½ tsp black pepper
- ¼ tsp crushed red pepper flakes, to taste
- sea salt, optional
- fresh parsley, chopped for serving

Fry the pancetta until crispy, remove from pan, dice, add to 3 ½ quart slow cooker. Sauté onion in the pancetta oil, add to the slow cooker. Whisk the St. Ours Clam Broth into 3 cups of hot water, add to the slow cooker with the clams, carrots, celery, garlic, potato, tomato, thyme, parsley, black pepper and pepper flakes. Stir then cook covered on low for 8 hours or high for 5 hours. Taste for seasoning. Serve with fresh parsley.