



# Old Florida Clam Chowder

*By On Top of the World Chefs*

8 Servings

*Ingredients:*

- 1/2 lb. bacon, diced
- 3 large onions, diced
- 4 stalks celery, diced
- 3 large green peppers, diced
- 1 qt. chopped clams with juice
- 5 large potatoes, diced
- 3 16 oz cans crushed tomatoes
- Salt and pepper to taste
- Thyme to taste
- 2 bay leaves
- 1 datil pepper



**Directions:** Cook bacon in a heavy gauge pot on medium heat. Next add onions, celery, green peppers and sauté until tender. Finally, add remaining ingredients and simmer for 2 hours.



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Amount Per Serving	
<b>Calories</b>	354.3
<b>Total Fat</b>	4.5 g
Saturated Fat	1.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	1.3 g
<b>Cholesterol</b>	58.7 mg
<b>Sodium</b>	300.2 mg
<b>Potassium</b>	1,676.5 mg
<b>Total Carbohydrate</b>	49.7 g
Dietary Fiber	5.9 g
Sugars	3.8 g
<b>Protein</b>	28.4 g

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