

clam chowder

prep: 30m

slow cooker: 4-8h

serves: 6-8

ingredients:

5 cups potatoes
4 tbsp minced garlic
1 cup onion
1 cup celery
1 1/2 tsp salt
1 1/2 tsp pepper
1/4 tsp red pepper flakes
2 bay leaves
1 1/2 tsp thyme
4 (6 oz) cans clams
1 (8 oz) bottle clam juice
2 tbsp corn starch
2 cups cream/equivalent

notes:

✓ freezer friendly

instructions:

- chop potatoes, onions, celery as desired and add to slow cooker
- add spices, clams and juice
- cover and cook on high 4-8 hours
- set aside freezing portions now
- whisk together corn starch and cream/equivalent and add
- cover and cook for 30 minutes

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