

# Soup, Clam Chowder

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Cooking time (minutes): 3 minutes

3 Microwave

cups

<b>Yield:</b>	<b>pints</b>	<b>8.8</b>	<b>6.6</b>	<b>4.4</b>	<b>2.2</b>
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<b>Clam, baby</b>	<b>can</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Potatoes, frig*</b>	<b>cut in 2's</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Onion</b>	<b>chopped</b>	<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Broth, vegetable</b>		<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Milk, non fat</b>		<b>ozs</b>	<b>12</b>	<b>9</b>	<b>6</b>	<b>3</b>
<b>Flour</b>		<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Garlic</b>	<b>spice</b>	<b>TBSP</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Parsley</b>	<b>spice</b>	<b>TBSP</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Salt</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/8</b>	<b>1/8</b>	<b>1/8</b>
<b>Pepper, black</b>	<b>spice</b>	<b>teasp</b>	<b>1/4</b>	<b>3/15</b>	<b>1/8</b>	<b>1/16</b>
<b>Thyme</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/8</b>	<b>1/8</b>	<b>1/8</b>
<b>Bay</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/8</b>	<b>1/8</b>	<b>1/8</b>

Add to bowl & Mix

3 Microwave until heated (about 3 minutes)

Serve &/or Add to container(s) & Frig for days or Freezer for months

[\\* Prepare potatoes per "Cook Potatoes" \(<click\)](#)