New England Clam Chowder
Makes 6 servings

Ingredients:
1 tablespoon canola oil
1 medium onion, diced
2 carrots, diced
2 stalks celery, diced
2 medium-large potatoes, peeled and diced
3 6.5 oz. cans chopped clams
2½ cups 1% lowfat milk
2 cups fat-free half-and-half
2 tablespoons cornstarch
¼ teaspoon garlic powder
¼ teaspoon thyme leaves

Directions:
1. Sauté onion, carrot, and celery in canola oil for 5-7 minutes until onion is transparent.
2. Add potatoes and clams (with their liquid) and simmer until potatoes are almost tender, 6-8 minutes
3. Stir in 2 cups lowfat milk, half-and-half, garlic powder and thyme leaves.
4. Add cornstarch to remaining ½ cup milk, stirring until dissolved, then add to soup.
5. Heat until warmed through, but do not boil.

Source: Broome County Cornell Cooperative Extension