

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

New England Clam Chowder

Instructions:

6 ribs celery, cut thin	3 cans (6.5 oz each) minced clams, drained, juice reserved
2 medium onions, peeled and chopped	1 package Louis Kemp imitation crab, sliced
2 TBL butter	1 stick butter
6 cups vegetable stock (or fish stock if you have it)	6 TBL flour
black pepper to taste	1 qt milk
1/2 tsp thyme	3 TBL cornstarch
5 or 6 potatoes, diced (I didn't peel them before dicing, just washed them well)	1/4 cup ice water

Directions:

1. Saute celery & onions in 2 TBL butter for 10 minutes over medium heat. Don't allow to brown.
2. In large soup pot, add celery & onions to stock. Add clam juice, pepper and thyme. Bring to a heavy simmer. Add potatoes and simmer until the potatoes are cooked but still firm.
3. Melt the stick of butter and blend with flour. Add this roux to 1 qt. hot milk, off the heat. Stir and return to the burner, stirring until thickened to make a bechamel sauce. Add drained clams, imitation crab and the bechamel to the soup. Stir and simmer 10 minutes.
4. Make a slurry with the cornstarch and ice water and add to the soup. Bring to a boil and stir until soup thickens. Lower the heat and simmer until ready to serve.

Yield: 10 servings. Don't forget the little oyster crackers to put on top!

Note from the contributor, Barb Szyszkiewicz:

This is some good soup! The original recipe is from a church cookbook from a church in Providence, RI where my uncle was once stationed. He sent all 5 of his nieces and nephews a copy of this cookbook. My brother, who's a terrific cook, gave me a few hints on tweaking the recipe and I added a touch of my own as well. And you don't need any heavy cream to make this!

