

FODMAP Clam Chowder



Ingredients

- 4 slices of thick cut bacon diced into small pieces
- 3 cups of clam juice
- 4 6.5 oz cans of chopped clams, liquid reserved (see step 2)
- 1T garlic infused oil OR 2 cloves of garlic minced
- 1/3 cup all purpose flour (wheat or gluten-free)
- 1 1/2 pounds yellow potatoes diced into 1/2 inch pieces
- 8 oz heavy cream
- 1/4 tsp dried thyme
- 1 bay leaf
- 2 TBSPs well minced parsley
- salt and pepper
- Green onions (green parts only)

Instructions

1. In a large pot, cook the bacon over medium heat until crisp, stirring often.
2. Pour the liquid from the cans of clams into a measuring cup, making about 1-1/2 cup of liquid.
3. Add the garlic oil or minced garlic and cook, stirring, until fragrant, about 30 seconds, being careful that the garlic doesn't burn.
4. Stir in the flour, coating all of the bacon. Continue cooking about a minute until the flour begins to brown.
5. Gradually, pour in the clam juice. Pour about two tablespoons at a time, whisking it into the flour mixture. There should be no visible liquid between each pour. Continue this way until you use all the liquid, pouring more quickly at the end.
6. Add the potatoes, thyme, and bay leaves and increase the heat to high and bring to a boil. Reduce to a simmer and continue cooking for 20 minutes or until the potatoes are soft.
7. Stir in the cream and chopped clams and let heat through for a minute. Remove from the heat. Season with salt and pepper to taste. Top with bacon, minced parsley, and green onions.