

KETO CLAM CHOWDER

Serves 6 to 8.

By Dennis W. Viau; modified from one of my own recipes.

Clam chowder is one of only a few soups I occasionally crave. Most of my soups and stews are particularly satisfying in winter, but clam chowder can be enjoyed any time of year. For this recipe I removed the potatoes, which are not keto friendly, and substituted zucchini. I also added cream. The result is a chowder that is just as delicious as the original.



Ingredients:

2 10-ounce (283g) cans clams (each can: 5 oz./140g clams and 5 fl. oz./150ml clam broth)
2 to 3 tablespoons butter
5 to 6 ounces (140 to 170g) finely chopped onion (about ½ a medium onion)
3 medium zucchinis (about 1 pound/450g) cut into ½-inch (1cm) dice
4 to 5 ounces (110 to 140g) prosciutto, diced small
1 cup (240ml) water
2 cups heavy whipping cream
Salt and pepper to taste

Directions:

Drain the clams, retaining the broth in a separate bowl. Set the clams aside until needed.

Melt the butter in a large saucepan and add the chopped onion. Sauté over medium heat until tender and translucent, about 5 minutes.

Add the zucchinis, prosciutto, clam broth and water. Bring to a boil, reduce the heat to low, and simmer until the zucchinis are slightly tender, 2 to 3 minutes.

Add the clams and cream. Season with black pepper. Return to the boil, reduce the heat, and simmer about 2 minutes.

Remove from the heat, cover, and let stand at least 1 hour to allow the flavors to develop.

Reheat and taste for salt. Serve.

This chowder will taste even better the next day.