



Keto-Friendly Clam Chowder

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 6

Nutrition Information Per Serving

456.7 calories, 9.9 g carbohydrate, 1.25 g fiber, 8.65 g NET carbs, 26.84 g protein, 34.48 g fat

Ingredients

- 20 ounce(s) boiled baby clams and juice
- 1 1/2 cup(s) organic heavy cream
- 2 cup(s) cauliflower florets
- 4 Tbsp(s) grass-fed butter
- 1/2 medium(s) white onion, diced
- 2 stalk(s) organic celery, diced
- 2 clove(s) garlic, minced
- 1 tsp sea salt
- 1/4 tsp(s) freshly ground black pepper
- 4 slice(s) pastured bacon

Preparation

1. Dice the bacon and add to a large pot. Cook for 4-5 minutes to barely crisp. Remove bacon and reserve.
2. Add butter to the pot along with the celery, garlic and onion. Cook, stirring over medium heat until tender, about 4 minutes.
3. Pour in the clam juice (reserving the clams) and the cauliflower florets. Simmer for 6-8 minutes until cauliflower is tender.
4. Add the cream and simmer to heat through. Use a potato masher to mash some of the cauliflower. Alternately, blend soup in a blender or with an immersion blender for a more creamy consistency.
5. Add the clams back to the soup, season with salt and pepper and garnish each bowl with crumbled bacon before serving.

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