Low-Carb Instant Pot Clam Chowder

Hands-on 10 minutes Overall 20 minutes

Nutritional values (per serving, 1 1/4 cup/ 300 ml): Total carbs: 9.8 g, Fiber: 1.8 g, **Net carbs: 8 g**, Protein: 15 g, Fat: 36.1 g, Calories: 429 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app

Ingredients (makes 6 servings)

4 slices bacon, chopped (120 g/ 4.2 oz)

4 tbsp unsalted butter (57 g/ 2 oz)

1 white onion, diced (100 g/ 3.5 oz)

2 stalks celery, diced (114 g/ 4 oz)

2 cloves garlic, minced

3 cups diced turnips (375 g/ 13 oz)

1 tsp sea salt

few sprigs fresh thyme

1/4 tsp black pepper

Optional: 1/4 tsp cayenne pepper

2 (10 oz) cans boiled baby clams, juice reserved (566 g)

1 1/2 cups heavy cream (360 ml/ 12 fl oz)

Note: Every 10 oz (283 g) can of clams contains 5 oz (142 g) clams and clam juice.

Instructions

1. Press the *Sauté* button on the Instant Pot and sauté the bacon for 4-5 minutes until almost crisp. Stir in the butter.
2. Add onion, celery, garlic, and spices. Sauté another 3 minutes until soft and fragrant.
3. Add in the turnips and clam juice (all of the reserved clam juice + water to equal 2 cups). Place the lid on the Instant Pot and make sure the knob is in the *sealing* position. Press *Cancel*, then *Manual* and set to *high pressure* for 6 minutes.
4. Once the Instant Pot has ran out of time, manual release the steam and stir in the clams and cream. Press *Cancel* then *Sauté*.
5. Using a potato masher mash about half of the turnips to create a thicker soup. Simmer for 2-3 minutes.
6. Garnish with thyme and serve. To store, let it cool down and refrigerate leftovers in a covered glass container or jar for up to 3 days.

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