

# Sweet Heat Clam Chowder

## Featuring Clams

This simple and delicious chowder features a creamy, flavorful sweet potato base with clams. Sweet potatoes and yams are a staple in many countries in the African diaspora, as they grow in abundance and are very flavorful and filling. This hearty soup can rely on a number of seasonal vegetables available throughout the year.

### Ingredients:

3 tablespoons avocado oil, divided  
1 medium sweet potato, unpeeled, cubed  
1/2 cup sliced red onion  
1/2 cup sliced green bell pepper  
1/2 cup sliced red bell pepper  
1/2 cup sliced celery  
1 teaspoon smoked paprika  
1 teaspoon celery seeds  
4 cloves garlic, peeled, sliced  
1/4 cup red wine vinegar  
2 (6.5-ounces each) cans clam meat, drained, reserving clam juice  
4 sprigs fresh thyme  
1 cup light coconut milk (may substitute vegetable broth)  
1 teaspoon salt  
1 scotch bonnet chili pepper (optional)  
2 teaspoons ground black pepper  
1 teaspoon lemon zest  
1 tablespoon lemon juice  
1/4 cup fresh chopped cilantro (optional)

### Instructions:

- 1 Heat a medium size pot on the stove on medium-high heat for 2 minutes.
- 2 Add 2 tablespoons of the oil, then add the sweet potatoes and saute for 5 minutes, stirring to evenly cook.
- 3 Add the remaining 1 tablespoon oil with the onion, bell peppers, and celery. Saute for 3 minutes.
- 4 Add smoked paprika, celery seeds, and garlic. Cook for 1 minute. Add red wine vinegar and cook for another 2 minutes. Add reserved clam juice and coconut milk (or vegetable broth) and salt.
- 5 Add clam meat, thyme sprigs, and scotch bonnet chili pepper, if using. Let simmer on low for 5 minutes while covered, until vegetables are tender. Remove from heat. Add black pepper, lemon zest, and lemon juice. Remove scotch bonnet pepper.
- 6 Serve in bowls and garnish with fresh cilantro, if using.

**Makes 4 servings**

**Prep Time:** 15 min.

**Cooking Time:** 20 min.

**Total Time:** 35 min.

### Recipe Author

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### Notes:

- 1 Scotch bonnet chili peppers are a great way to add flavor and a little spice. When left intact, there is minimal heat added to the recipe. Just remove the pepper before serving. You should not cut or open the pepper, as that will increase the heat intensity.

### Nutritional information (per serving):

300 calories, 16 g fat, 5 g saturated fat, 290 mg sodium, 17 g carbohydrate, 40 mg cholesterol, 4 g total sugar, 2 g fiber, 21 g protein