

Delicately Pumpkin Green Bean Clam Chowder

(From dailyimprovisations.com: for a pot of soup that serves 6-8 adults hearty amounts)

1/2 of a 51 ounce can of clams (*because this is the size can I have been used to buying from Costco all these years for my previously large family*) Half of it measures out to 2 cups, leaving another 2 cups for another batch.

1/2 of the juice from the can, which conveniently also measures out to very, very close to 2 cups. I put the extra from each of these in containers in the freezer. I have successfully frozen leftover tuna for years, so am hoping that clams freeze well, too. Scallops do.

9 medium potatoes, diced to about 1 inch cubes. I estimate this came to 8 cups or so.

1 3/4 cup pumpkin puree. Why 1 3/4 cup, you ask? Because that is the portion I froze it in to make my favorite pumpkin cookies. Turned out perfect for the chowder!

1 teaspoon of sea salt

1/4 teaspoon ground black pepper (*confession: I did not absolutely measure these 4 seasonings.*)

1 teaspoon dried thyme leaves

1/2 teaspoon dried basil leaves

3/4 teaspoon celery seeds

1 1/2 cups diced onion

a couple Tablespoons olive oil (butter is also a good option)

3 cups whole milk

1 cup heavy cream

1 cup dehydrated green beans

2 1/2 cups water

Saute' the onion in the oil until tender.

Add water, seasonings, clam JUICE, potatoes, and beans (there will be enough liquid in the soup to re-hydrate the beans).

Cook at a simmer until the potatoes are tender.

Stir in pumpkin puree. I defrosted mine partially in the microwave while the potatoes were cooking. I have dumped completely frozen vegetables, such as corn or a block of grated zucchini straight into soups before. It just takes longer to heat and mix in.

Pour in the milk, cream (*a higher ratio of cream to milk could be used, if desired*), and CLAMS. Continue to stir regularly and heat on low to medium heat, to avoid scorching.