

February 21, 2007, is Ash Wednesday, which is the beginning of Lent. I always like to feature meatless recipes during Lent, because Catholics may not eat meat on Ash Wednesday or any Fridays during Lent. My recipe this week has been featured in the past, and I wanted to run it again because I received many, many favorable comments about it. It is one of my all time favorites because it is easy, inexpensive and delicious.

### **LENTEN CLAM CHOWDER**

**1 can Campbell's cream of potato soup**  
**1 can Campbell's cream of celery soup**  
**1 can Campbell's New England clam chowder soup**  
**1 - 7 1 / 2 oz can minced clams, juice and all**  
**1 stick butter**  
**1 pint half & half**  
**1 Tablespoon parsley**  
**¼ teaspoon pepper**

**Mix all ingredients in a crockpot. Heat on low for 3 to 4 hours until heated through. Serves 4 to six.**

HELPFUL HINTS: If you double this recipe (which I always do) it will fill a small crockpot.

I like to serve this with a crispy green salad, and a warm loaf of beer bread. Gina Carr, one of my co-workers at City Hall got me hooked on Tastefully Simple Beer Bread. She is one of the Tastefully Simple distributors in our area, and we always get to sample her products. Everything is good, but the beer bread is EXCELLENT and it is a perfect accompaniment for any soup.

As I said before, this is one of my favorite recipes because people think you have peeled, chopped and diced for hours to make this. Not only is it a great Lenten meal, but you can save the soup labels for our schools.

Food for Thought: One person with courage makes a majority. (Andrew Jackson)

Pray for Peace!