



Salmon Chowder

4 servings
40 minutes

Ingredients

- 2 tbsps Coconut Oil
- 1 bulb Fennel (sliced)
- 2 cups Celery Root (peeled and cubed)
- 2 cups Rutabaga (peeled and cubed)
- 2 cups Chicken Broth
- 12 ozs Salmon Fillet
- 1 cup Canned Coconut Milk
- 1/4 tsp Sea Salt (or more to taste)
- 1/4 cup Parsley (chopped, optional garnish)
- 2 tbsps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	375
Fat	24g
Saturated	16g
Carbs	20g
Fiber	5g
Sugar	8g
Protein	21g
Cholesterol	49mg
Sodium	781mg

Directions

- 1 Bake or poach salmon and set aside. Alternatively, left-over baked or smoked salmon works well for this recipe.
- 2 In a large soup pot, melt the coconut oil over medium-low heat. Add the sliced fennel, celery root, and rutabaga. Cover and let cook for about 15 minutes, or until tender.
- 3 Add the chicken broth to the pot with the softened veggies and bring to a simmer. Let cook for 10 minutes, then use an immersion blender to blend about half the soup so the texture is still chunky.
- 4 Flake the fish into chunks, add to the soup pot along with the coconut milk. Season to taste with sea salt.
- 5 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

Notes

Leftovers: Store covered in the fridge up to three days, or freeze it.

Serving Size: One serving is roughly 1 1/2 cups.

Vegan & Vegetarians: Skip the salmon and use cooked white beans instead. Use vegetable broth instead of chicken broth.

Substitutes: Chopped onion may be used in place of fennel, celery stalks can replace celery root. Chopped white potatoes can replace rutabaga and fish broth may be used rather than chicken broth, if desired.