

Simple Salmon Chowder

4 SERVINGS 40 MINUTES



INGREDIENTS

12 ozs Salmon Fillet
2 tbsps Coconut Oil
2 cups Vegetable Broth
1 cup Plain Coconut Milk (no emulsifier)
1/4 tsp Sea Salt (or more to taste)
1/4 cup Parsley (chopped, optional garnish)

NUTRITION

AMOUNT PER SERVING

Calories	208	Iron	1mg
Fat	13g	Vitamin D	25IU
Carbs	3g	Folate	27µg
Fiber	0g	Magnesium	28mg
Protein	17g	Zinc	1mg
Vitamin C	5mg		

DIRECTIONS

- 01 Add the chicken broth to small saucepan and place the salmon skin-side down into the broth. Bring to a simmer and poach the salmon for 5-10 minutes. Remove the salmon and set aside.
- 02 Remove the skin from the salmon, and flake the fish into chunks. Add to a soup pot along with the coconut milk. Season to taste with sea salt.
- 03 To serve, divide between bowls and garnish with chopped parsley if desired. Enjoy!

NOTES

RECIPE ID 633

SERVING SIZE

One serving is roughly 1 1/2 cups.