

RECIPE OF THE WEEK: PALEO EDITION

Salmon Chowder

Ingredients:

1 lb bacon, diced
1 lb of salmon fillets (skin and bones removed)
1 ½ cups of leeks, sliced
2 cups carrots, diced into small pieces
3 cups chicken stock
1 13.5oz can full fat coconut milk
1 tablespoon fresh or dried dill
Black pepper to taste
Hot sauce to taste

Instructions:

In a large soup pot, cook the diced bacon until browned and crispy. Add the leeks and continue to sauté until the leeks are tender. Add the carrots and cook for another 3-4 minutes. Add the chicken stock, coconut milk, dill, and black pepper and bring to a simmer. Add the salmon filets to the soup, make sure they are covered with the soup, and let simmer until the filets are easy to break apart. Stir well, breaking apart the salmon and cook until all the pieces of salmon are tender.

Serves 4-5, but easy to double the recipe for a bigger portion!

Compliments of everydaypaleo.com

