

Golden Salmon Chowder



Sirve:

2

Pieza:

Saladmaster Food Processor

2 Qt./1.8L Sauce Pan with Cover

Valora: ★★☆☆☆

Contribuido por:

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Descripción de la Receta:

Salmon and cauliflower along with anti-inflammatory spice turmeric combines to make this simple weeknight meal. Cauliflower is a good lower glycemic substitute for potato and adds a rich consistency to the soup. Wild salmon compared to farm raised salmon is richer in Omega 3's and overall nutrition. Wild salmon has a good protein and healthy fat balance that helps to keep blood sugar levels even and feeling full longer.

1/3 cup
onion, strung, Cone #2
(38 g)
1 celery stalk, strung, Cone #2
2 garlic cloves, peeled, shredded, Cone #1
1 carrot, trimmed, scrubbed, cut into medium size chunks
2 cup
cauliflower, cut into small florets
(128 g)
1 tsp
turmeric, ground
(2 g)
1/2 tsp
paprika
(1 g)
1/2 tsp
natural salt
(1 g)
2 cups
fish or vegetable stock
(475 ml)

1/2 lb
 wild salmon filet, cut into medium size chunks
 (3/4
 kg)
 1 1/2 tsp
 arrowroot powder
 (9
 g)
 2 tbsp
 water
 (29
 ml)
 2 tbsp
 fresh chopped parsley
 (7
 g)
 salt and pepper to taste (optional)

Preparación :

1. Heat saucepan over medium heat for 7-9 minutes until a sprinkle of water skitters and dissipates.
2. Sauté onion, celery, garlic and carrots for 4-6 minutes until slightly softened. Sprinkle sautéed vegetables with turmeric, paprika and salt, stir to combine.
3. Add cauliflower to saucepan. Pour fish stock over vegetables and place cover on saucepan. When Vapo-Valve™ begins to click turn heat down to low and cook for 5-7 minutes until vegetables are softened.
4. Combine arrowroot powder and water in a small cup and stir to combine
5. Add arrowroot powder mixture and salmon to saucepan. Cover saucepan and cook for 5-6 minutes until fish is cooked through and soup has thickened.
6. Taste and add salt and pepper as needed.
7. Right before serving add chopped parsley.

Consejos:

- Substitute parsley for fresh dill or chives.
- Add a sprinkle of cayenne pepper or a few dashes of Sriracha sauce for some spice.

Información nutricional por ración

Calorías: 226
 Grasa Total: 3g
 Grasa 0g
 Saturada:
 Colesterol: 13mg
 Sodio: 861mg
 Carbohidratos: 9g
 Azúcar: 3g
 Proteína: 14g