



Halibut Chowder

Active Time: 30 minutes | **Total Time:** 30 minutes | **Serves:** 8

Nutrition Information Per Serving

430.4 calories, 4.83 g carbohydrate, 0.81 g fiber, 4.02 g NET carbs, 26.01 g protein, 34.33 g fat

Ingredients

- 3 cup(s) Pacific Organic Bone Broth (Chicken)
- 1/2 cup(s), chopped organic carrots
- 1/2 cup(s), chopped organic celery
- 1/2 cup(s) chopped organic onion
- 1 Tbsp fresh parsley, minced
- 1 medium organic green pepper, finely chopped
- 4 Tbsp(s) organic, grass-fed salted butter
- 3/4 tsp(s) sea salt
- 1/3 Tbsp(s) arrowroot
- 4 ounce(s) organic cheddar cheese
- 1/2 tsp(s) black pepper
- 24 ounce(s) wild Alaskan halibut
- 2 cup(s) organic heavy cream

Preparation

1. Remove skin and bones from halibut; cut into bite-sized pieces.
2. In a medium pot, add the butter and heat over medium.
3. Add the onions, carrots, celery and bell pepper. Saute 3-5 minutes to tender.
4. Add halibut, chicken broth, salt and pepper.
5. Simmer, covered for 5 minutes. Add coconut milk and simmer to heat through.
6. Add 1/2 cup of the hot broth in a small bowl. Whisk in the arrowroot with a fork to combine.
7. Pour arrowroot mixture back into pot. Cook and stir until slightly thickened.
8. Add cheese; cook and stir over low heat until cheese melts.
9. Sprinkle with parsley and serve.

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