



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.

This free recipe cannot be redistributed without prior permission from MealGenius.com. If you have obtained this recipe from any source other than MealGenius.com please contact us.