

SMOKED SALMON CHOWDER



Servings - 5-6

Ingredients:

2 C vegetable broth + more if needed
1 C unsweetened almond milk or 2% regular milk
Florets from 1 large head cauliflower or 1 bag cauli florets
1 lb baby potatoes, washed and halved
salt and pepper
1 TBS olive oil
Florets from 1 large head of broccoli or 1 bag broccoli
1/2 yellow onion, diced
4 garlic cloves, minced
1 C shredded cheddar cheese (for a non-dairy option try Violife)
2 TBS nutritional yeast (optional)
1 lb smoked salmon fillet, flaked into bite size chunks (you can also use smoked trout or smoked bluefish as well)



Directions

1. Bring the broth and milk to a low boil and add cauliflower and potatoes. Set to simmer and cover, cooking for 8-10 minutes, or until everything is fork tender. While they are steaming, saute the onion and garlic in 1 TBS olive oil over medium-high heat in a pan for 4-5 minutes, or until the onions start to soften. Once the cauliflower and potatoes are fork tender, add in half the onion and garlic mix and then use an immersion blender or a food processor to blend it all until you get a creamy consistency. Season with the nutritional yeast and add salt and pepper to taste. Add in more broth if the chowder is too thick for your liking.
2. Steam the broccoli until fork tender (do this in its own bag or in a bowl with a small amount of water, covered and microwaved for 2-3 minutes). Add the broccoli, the remaining onion and garlic mixture and the cheese into the soup. Stir well and season with salt and pepper.
3. Gently stir in the salmon flakes at the end, careful not to break them up too much. You can serve this right away, but making this ahead of time and letting it sit for up to 1 day will allow the flavors to really come together in this chowder. Enjoy!