

Fish and Kale Chowder

An amazing, healthy chowder without using heavy cream.

Ingredients

- 4 Tbsp organic butter
- 1 whole leek, sliced
- 1 cup (250ml) onion, chopped
- 3 garlic cloves, pressed
- 1/2 teaspoon sea salt
- 2 large red bell peppers, thinly sliced
- 4 cups (1L) of kale, chopped
- 6 cups of chicken or veggie stock
- 4 large Yukon Gold potatoes, skin on, cut into 1-inch chunks*
- 2 Tbsp organic, non-GMO cornstarch (optional, if you want a thicker soup)
- 2 Tbsp water
- 18 oz (500g) white fish (like cod, haddock, sole or wild snapper) cut into bite sized pieces
- 1/4 cup parsley



*I have also replaced the regular potatoes with sweet potatoes and parsnips and it is amazing!

Directions

1. In a large pot on the stove on medium heat, melt butter and add leeks and onions until soft (about 5 mins). Add garlic, peppers and kale.
2. Cook and stir for 5 minutes then add broth and potatoes and bring to a boil.
3. Reduce heat and let simmer for 15 minutes, then use hand blender if desired.*
4. In a small bowl mix cornstarch and 2 TBSP of water and add to soup.

5. Stir until soup thickens slightly then add fish and parsley.

6. Simmer over low heat, until fish is cooked- about 5 minutes. Taste and add sea salt as needed.

**To give this more of a 'chowder' feel, I hand blend the soup for about 10 seconds or so to break up the potatoes, but you can skip this. Or if you don't have a hand blender, you could put a few cups of soup into the blender and add it back to the pot to make it a bit thicker..*