

Salmon Chowder with Pesto Swirl

Adapted from The Schwarzbein Principle Cookbook

3 Tbls. olive oil or coconut oil	1 lb. salmon fillet, skinned, boned, cut into 1-inch chunks
1 large onion, chopped	1 cup cream (for dairy free, use coconut milk)
1 garlic clove, minced	½ cup Basil Pesto
1 red bell pepper, diced	1 cup green peas (fresh or thawed if frozen)
3 red potatoes, diced to ½ in. cubes	
4 cups vegetable or fish stock	
¾ tsp. salt	
Ground pepper to taste	

Heat oil over medium-high flame in your favorite soup pot. When oil is hot, but not smoking, add onion and bell pepper. Sauté until softened, about 4 minutes. Add garlic and continue sautéing for another minute. Add potatoes, stock, salt & pepper. Bring to a boil, reduce heat to low and simmer until potatoes are tender, about 10 minutes.

Add salmon pieces and cream or coconut milk. Simmer over low heat until salmon flakes easily with a fork, about 5 minutes. Using a fork, swirl in pesto and peas and heat gently. Do not boil. Taste, and adjust seasonings. Garnish bowls with whole basil leaves.

Optional (for creamier textured chowder): Puree half of the simmered vegetables in a food processor or blender (or mash with a fork) before adding the salmon. Add back into chowder.