



Salmon rice chowder
RECIPE

Salmon rice chowder



COOK TIME 40 min
PREP TIME 5 min
MAKES 4 servings

Chow down on chowder! This simple Salmon Rice Chowder is a good-for-you weeknight meal you can throw together in minutes.

INGREDIENTS

- 1 cup carrot, cut into rounds
- 1 cup celery, sliced
- 1 large leek, cut into rounds
- 1 tsp. paprika
- 1 tsp. ground cumin
- 2 cups vegetable stock
- 1/8 tsp. salt
- 1 package of SEEDS OF CHANGE™ Organic Quinoa, Brown & Red Rice with Flaxseed
- 1 lb. salmon, cut into 2 inches square
- 1 cup milk or milk alternative
- 2 cups spinach
- 1 medium lemon, cut into wedges
- 1/4 cup parsley, chopped

DIRECTIONS

1. Heat a drizzle of olive oil in a large pot. Add carrot, celery and leek and sauté for 6-8 minutes. Add in the paprika, cumin and a sprinkle of salt. Sauté for one more minute.
 2. Pour in the vegetable stock and bring the soup to a boil. Reduce to a simmer and let it cook for 10-15 minutes. Add in the salmon and dairy of your choice. Simmer for 5-7 minutes.
 3. Turn off the heat and stir in the spinach and Seeds of Change Quinoa & Brown Rice.
 4. Finish with parsley and a squeeze of lemon juice.
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NUTRITION INFO

Column 1	Column 2
Servings	4
Calories (per serving)	370
Total Fat	11g
Saturated Fat	2g
Trans Fat	0g
Total Fat % DV	14%
Saturated Fat % DV	10%
Trans Fat % DV	0%
Cholesterol	75mg
Cholesterol % DV	25%
Sodium	560mg
Sodium % DV	24%
Total Carbohydrate	37g
Dietary Fiber	2g
Sugars	9g
Total Carbohydrates % DV	13%
Dietary Fiber % DV	7%
Protein	31g

You might also love...



[Creamy roasted cauliflower & whole grains soup](#)

Cook time

30 min

Prep time

30 min



Grilled shrimp gumbo rice salad

Cook time

15 min

Prep time

20 min



Caprese stuffed eggplant with balsamic drizzle

Cook time

5 min

Prep time

20 min



Moroccan buddha bowl

Cook time

25 min

Prep time

15 min

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