



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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