



Ashley's Meal Prep Monday!



Clam Chowder (GF/DF)

INGREDIENTS

2 TBSP coconut oil
3 strips of bacon sliced small
1 1/4 cup onion, diced
3-ish cups potatoes, peeled
and cubed
1/2 cup celery, diced
1 TBSP minced garlic
1 can coconut milk
1 1/2 cup clam juice
1 1/2 TSP thyme
1 bay leaf
3 small cans chopped clams
OR fresh razor clams
salt/pepper to taste

Heat oil in a large pot, add the bacon and cook until browned. Add onion to the pot and saute until golden. Add in the rest of the ingredients and bring to a simmer. Cook until the potatoes are fully cooked and soft.

Using a potato masher, press down on some of the potatoes to help thicken the soup. You can also mix arrowroot/cornstarch with some GF flour and water and add that into the pot to help thicken the chowder. I did this a couple of times and it did the trick.

Serve with parsley as garnish. This chowder also pairs really well with cornbread.



RECIPE: @SANJAYACOOKERY.COM

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