

## **Creamy Cauliflower Chowder (Dairy-free, Gluten-free)**

Serves 4-6 people

### **Ingredients:**

- 1 Head cauliflower cut in florets
- 4 Tablespoons butter
- 2 carrots, chopped
- 1 small onion, chopped
- 1 teaspoon garlic powder
- 1 teaspoon paprika (smoked if you have it)
- 1 teaspoon dried oregano or Italian Seasoning
- 1 teaspoon dried thyme
- ½ teaspoon salt (or to taste)
- 6 cups chicken broth
- 2 bay leaves
- 1 pound cod or 1 pound shrimp, peeled and deveined

### **Directions:**

1. Steam cauliflower till soft, then set aside
2. Melt butter in large pan
3. Sauté fish and remove (watch not to burn butter)
4. In remaining butter add carrots, onion and garlic to the pot. Once onion becomes translucent add garlic powder, paprika, dried oregano, thyme and salt. If needed, add a little olive oil for sautéing. Stir for about 1 minute, then add chicken broth and bay leaves and simmer.
5. While liquid is simmering, puree cauliflower in high-speed blender OR food processor (you may also add cauliflower to liquid and then use an immersion blender, but remove bay leaves before blending).
6. Then scoop out cauliflower puree and add to pot with liquid.
7. Cover and cook 15 minutes
8. After 15 minutes remove bay leaves and add cooked seafood.
9. Warm thoroughly and enjoy.

*(If it's not Lent – may add 1 pound of bacon, chopped, to the top of the bowls; you may also use shredded chicken instead of seafood.)*