



## Slow Cooker Cod & Sea Veggie Soup

4 servings

6 hours

### Ingredients

3 tbsps Coconut Oil  
1 Yellow Onion (medium, diced)  
4 cups Mushrooms (sliced)  
3 Garlic (cloves, minced)  
2 tbsps Ginger (peeled and grated)  
1 1/3 ozs Dulse (torn apart into small pieces)  
2 Sweet Potato (medium, diced)  
4 Cod Fillet (about 3.5 oz. each, cubed)  
8 cups Organic Vegetable Broth (or bone broth)

### Nutrition

Amount per serving	
Calories	416
Fat	12g
Saturated	9g
Polyunsaturated	1g
Monounsaturated	1g
Carbs	28g
Fiber	5g
Sugar	9g
Protein	48g

### Directions

- 1 Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
- 2 Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
- 3 Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
- 4 Divide between bowls and enjoy!

### Notes

Leftovers, Store in an airtight container up to 3 days or freeze.