



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.