

Treasure Barrel

Salmon Chowder Soup

A creamy, comforting salmon chowder that feels like a warm blanket on a chilly day.

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, cubed
- [ ] 2 medium potatoes, peeled and diced
- [ ] 1 large leek, white and light green parts only, thinly sliced
- [ ] 2 tbsp unsalted butter
- [ ] 3 cups low-sodium fish stock
- [ ] 1 cup heavy cream

Flavor Enhancers

- [ ] 1 tsp dried thyme
- [ ] 1/2 tsp smoked paprika
- [ ] Salt and freshly ground black pepper to taste
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice (optional)

Instructions

1. In a large pot, melt butter over medium heat; add the sliced leeks and sauté until they turn soft and fragrant, about 5 minutes.
2. Stir in the diced potatoes, thyme, and smoked paprika; sauté for another 2 minutes to coat the potatoes.
3. Pour in the fish stock, bring to a gentle boil, then reduce to a simmer and cook until potatoes are just tender, about 10-12 minutes.
4. Gently add the salmon cubes; simmer just until they turn opaque, roughly 4 minutes. Then lower the heat and stir in the heavy cream.
5. Season with salt, pepper, and a splash of lemon juice if desired; finish with fresh dill and serve hot.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not let the soup boil after adding cream to keep it smooth.
- Taste and adjust seasoning gradually; the broth can become salty quickly.
- If you prefer a thicker chowder, mash a few potato pieces against the side of the pot.