

## **Chowder with Green Salad**

Finley Chop the onion, celery, and carrot.

Cut Mahi-Mahi into small bites.

Mince the garlic

Mince the cilantro

### **Potatoes**

Wash and chop potatoes.

Add them to a small pot with water and some salt and boil them.

### **Chowder**

Add corn, onion, carrots, celery, and garlic to a pot.

Add your spices to the pot and stir (container D).

Saute on medium until the veggies are soft.

Add soup base (it is pink in color)

Add the adobe chili and hot sauce container. It is small (use less if you if you don't want it very hot).

Add the minced cilantro.

Stir everything together and add the potatoes that should be soft now.

Simmer for 10 minutes.

Add the bites size mahi-mahi and simmer for another 5 minutes.

### **Salad**

Dress salad greens with Avocado dressing (container A). You can add some cracked pepper if you have it.

### **Plate**

Put some chowder in a bowl and serve it with a side of salad and some sour dough bread.

\*No bread for GF meals.

\*\*\*Base Ingredients: Coconut milk, tomatoes, chili sauce, Worcestershire sauce