

Dairy-Free Clam Chowder

Prep: 45 min Cook: 0 min Total: 2 hr Servings: 6

Calories: 247 Fat: 9g Protein: 13g Carbs: 28g Fiber: 0g

Ingredients

- 6 thick cut applewood bacon, chopped
- 1 1/2 cups raw cauliflower, chopped
- 2 cups clam broth (also called clam juice)
- 1 cup oat milk or milk of choice
- 1 1/2 cups Yukon Gold potatoes (about 4 small potatoes), peeled and diced into 1/4 pieces
- 1 large yellow onion, diced
- 2 stalks of celery, diced (including leaves!)
- 1 Tbsp avocado oil
- 4 large cloves garlic, minced or pressed
- 4 6.5 - oz cans chopped sea clams
- 1 tsp fresh thyme leaves
- 1 bay leaf
- 1 tsp sea salt (reduce if sensitive to sodium)
- 1/8 tsp black pepper
- 1/16 tsp cayenne pepper
- 1/4 cup chopped flat leaf parsley, divided

Directions

1. In a large stock pot pour clam juice and oat milk in the pot and bring to a boil.
2. Add in cauliflower and cook till very tender. Once cauliflower is cooked turn heat off and with an immersion blender puree the cauliflower together with the clam juice till creamy. If your mixture gets too thick you may add a little more clam juice or milk to thin to a creamy consistency.
3. In a large dutch oven or heavy-bottomed pot, cook bacon over medium heat until well browned (about 5-10 minutes). Remove the bacon to a paper towel-lined plate and pour off all but 1 Tbsp of the bacon fat.
4. With heat over medium-low, add potatoes, onions, and celery to the bacon fat and saute for 10-15 minutes or until the potatoes are tender, stirring occasionally.
5. Add avocado oil, then add garlic. Stir and saute for another 2 minutes.
6. Add all your cooked vegetables to the cauliflower clam broth, add clams and their juices,

thyme, bay leaf, salt, pepper, cayenne, and half of the parsley. Stir well and bring to a simmer over medium-low heat.

7. After it comes to a simmer, stir it well, making sure to scrape the bottom, and then turn off the heat and place the lid on the pot. Allow to rest for 30 minutes to allow flavors to meld. However, if you are in a rush, feel free to serve it right away as it is fully cooked at this point.

8. Season to taste and garnish. Season to taste with salt and pepper, then garnish with bacon and parsley.

9. Enjoy your Dairy-Free Clam Chowder!