

Sweet Potatoes Clam Chowder



Ingredients:

- 4 slices bacon, diced
- 2 tablespoons unsalted butter
- 2 cloves garlic, minced
- 1 onion, diced
- 1/2 teaspoon dried thyme
- 1 tablespoon arrowroot starch
- 1 cup of coconut milk
- 1 cup vegetable stock
- 2 (6.5-ounce) cans chopped clams, juices reserved
- 1 bay leaf
- 2 sweet white potatoes, peeled and diced
- Kosher salt and freshly ground black pepper, to taste

- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

1. Heat a large stockpot over medium-high heat. Add bacon and cook until brown and crispy, about 6-8 minutes. Transfer to a paper towel-lined plate. Reserve 1-2 tbsp of bacon fat.
2. Add garlic and onion, and cook, until onions have become translucent, about 2-3 minutes. Stir in thyme until fragrant, about 1 minute.
3. Add arrowroot starch and whisk continuously. Gradually whisk in vegetable stock, clam juice, and cook, whisking constantly until slightly thickened, about 1-2 minutes.
4. Add sweet potatoes and mix well.
5. Bring to a boil; reduce heat and simmer about 12-15 minutes.
6. Stir in coconut milk and clams until heated through, about 1-2 minutes.
7. Serve immediately, garnished with bacon and parsley, if desired.
8. You can skip arrowroot starch altogether and after the soup is ready, use a hand blender to add more texture and blend for 5-10 seconds so some potatoes are blended causing the soup to become more creamy instead of watery.

Let me know if you liked this clam chowder!