



Ingredients

- 1 Tbsp coconut oil
- 1 Tbsp butter
- 1 white onion, chopped small
- 1/4 lb bacon cut small (option to use ham instead)
- 1 small sweet potato, chopped small
- 2 cloves garlic (diced or chopped)
- 1 box chicken broth (3 cups)
- 5-6 oz white fish (tilapia, bass, sole, halibut)
- 2 Tbsp Cilantro (or thyme)
- Salt and pepper to taste
- 2 cups cream (thicker the better, 1% milk is not enough)

Preparation

Melt butter and oil, saute onion til soft.

Add chopped bacon (or ham), add sweet potato, garlic, salt/pepper, saute ten minutes, stir often.

Pour in chicken broth, heat til hot, turn off stove.

Add fish and spices (the fish actually cooks in the saucepan).

When ready to eat, flake/cut the fish into small pieces. Heat til warm, add 2 cups cream, heat til hot but watch carefully that it does not boil.