Salmon Chowder

Serves: 8

Ingredients: 1 can (about 14 ounces) pink salmon, drained 1 tablespoon vegetable oil ½ cup onion, chopped 3½ cups low-sodium chicken broth (or vegetable broth) 2 potatoes, peeled and diced 1 can (about 15 ounces) low-sodium corn, drained ¼ teaspoon black pepper 1½ cups evaporated milk ½ teaspoon dried dill (if you like)

Directions

1.In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.

2.Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft.

3.Add the salmon and milk. If using dill, add that too. Cook 5 minutes.

Nutrition Facts: Each one cup serving provides 230 Calories, 8g Total Fat, 2.5g Saturated Fat, 322mg Sodium, 23g Total Carbohydrate, 2g Dietary Fiber, 17g Protein





This material is based on the Expanded Food and Nutrition Education Program (EFNEP), supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.



This institution is an equal opportunity provider. "The SNAP logo is a service mark of the U.S. Department of Agriculture. USDA does not endorse any goods, services, or enterprises."

