A Kansas SNAP-Ed EZ Does it Recipe

Salmon Chowder

Servings: about 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