

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

