

Salmon Chowder

5 servings

What you need:

- 2 Tbsp canola oil or soft-tub margarine
- 3 cups frozen Potatoes O'Brien (diced potatoes with onion & bell pepper)
- 1 (14 oz) can 'reduced sodium' chicken broth
- 1 (13 oz) can skim evaporated milk
- ½ cup frozen carrot rounds
- 1 cup frozen corn kernels
- 1 (7 oz.) pouch or can chunk salmon (skinless, boneless), drained
- 1/8 tsp black pepper
- ¼ tsp dried thyme
- 1/8 tsp red cayenne pepper (optional)



All you do:

1. Heat oil or margarine in a medium-size pot; add frozen potatoes and cook for 4 - 5 min over medium heat, stirring occasionally.
2. Add the rest of the ingredients, stirring to mix. Bring the mixture to a boil; immediately reduce the heat to low, cover and simmer for about 10 minutes or until thoroughly heated.

Nutrition Information, per serving (about 1 ½ cups): 300 calories, 9 g total fat, 2.5 g saturated fat, 45 mg cholesterol, 260 mg sodium, 37 g carbohydrate, 4 g dietary fiber, 20 g protein