

Salmon Chowder

Makes: 8 Servings

A great way to use canned pink salmon. Add dill to this creamy chowder for more flavor.

Ingredients

- 1 **can** pink salmon, drained (about 14 ounces)
- 1 **tablespoon** vegetable oil
- 1/2 **cup** onion (chopped)
- 3 1/2 **cups** low-sodium chicken broth (or vegetable broth)
- 2 potatoes (peeled and diced)
- 1 **can** low-sodium corn, drained (about 15 ounces)
- 1/4 **teaspoon** black pepper
- 1/2 **tablespoon** dried dill (if you like)
- 1 1/2 **cups** evaporated milk

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.