



SALMON CORN CHOWDER

A salmon corn chowder recipe with potatoes and carrots.

Ingredients:

1 can (7 1/2 oz.) salmon
2 tablespoons butter
1/2 cup chopped onions
1/2 cup chopped celery
1 clove garlic, minced
1 cup diced potatoes
1 cup diced carrots
2 cups chicken broth
1/2 teaspoon thyme
1/4 teaspoon black pepper
1 can (13 oz.) evaporated (skim) milk
1 pkg. (10 oz.) frozen corn kernels, thawed

Preparation:

Drain and flake salmon, reserving liquid. In a skillet, melt butter; saute onions, celery and garlic until softened. Add potatoes, carrots, reserved salmon liquid, chicken broth and seasonings. Simmer, covered, for 20 to 25 minutes, or until vegetables are nearly tender. Add flaked salmon, evaporated milk and corn; heat through.

Makes 6 servings of salmon chowder with corn and potatoes.