

Salmon Corn Chowder

Lorene Rauschke

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

Servings: 4

*1 small can salmon
1/2 cup onion, chopped
1/4 cup green pepper,
chopped
1/2 cup celery, chopped
garlic powder
3 tablespoons butter
1 cup potatoes, chopped
1 cup carrots, chopped
2 cups chicken broth
1 1/2 teaspoons salt
3/4 teaspoon pepper
1/2 teaspoon dill seed
1/2 cup zucchini, sliced
1 cup evaporated milk
1 can whole kernel corn,
undrained*

Drain and flake the salmon.

In a saucepan, saute' the onion, celery and green pepper in butter. Add the potatoes, carrots, broth, salt, pepper and dill. Simmer, covered, for 5 minutes.

Add the zucchini. Cook for 5 minutes. Add the salmon, milk and corn. Heat through.

Per Serving (excluding unknown items): 265 Calories; 15g Fat (50.3% calories from fat); 13g Protein; 21g Carbohydrate; 3g Dietary Fiber; 53mg Cholesterol; 1378mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.