Salmon Chowder

Ingredients

- 2 tablespoons canola oil
- 3 cups diced potatoes with onion, and bell pepper
- 1 (14 ounce) can chicken broth
- 1 (13 ounce) can evaporated milk
- 1/2 cup frozen carrot rounds
- 1 cup frozen corn kernels
- 1 (7 ounce) pouch or can chunk salmon (skinless, boneless), drained
- 1/8 tsp black pepper
- 1/4 teaspoon died thyme
- 1/8 tsp red cayenne pepper (optional)

Directions

1. Heat oil or margarine in a medium-size pot; add frozen potatoes and cook for 4 - 5 minutes 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.

Makes 5 servings

Nutrition information per serving:
- 300 calories
- 9 g total fat
- 45 mg cholesterol
- 260 mg sodium
- 37 g carbohydrate
- 4 g dietary fiber
- 20 g protein