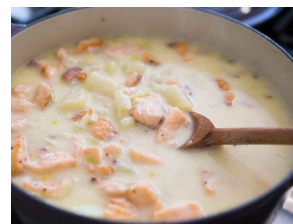


# Salmon Chowder

## Ingredients

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



*Makes 5 servings*

## 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.

*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*