



Salmon Chowder

(Serves 4. Easy to double recipe and freeze.)

14.75 oz. can of red or pink salmon, drained, separated from any bones and flaked/ or $\frac{3}{4}$ to 1 lb. of fresh salmon broiled to firmness where you can flake apart with fork. Salmon will be added last.

Ingredients

$\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup chopped celery
 $\frac{1}{4}$ cup chopped green pepper
1 clove minced garlic
3 tablespoons butter

Saute until translucent

1 cup diced white potato
1 cup diced carrots
2 cup chicken broth
1 $\frac{1}{2}$ tea. salt
 $\frac{3}{4}$ tea. pepper
 $\frac{1}{2}$ tea. dill seed

Simmer with all above for approx. 20 minutes

$\frac{1}{2}$ cup diced zucchini Add to above and cook 5 minutes

1 can 12 oz. evaporated milk
1 can 8 $\frac{3}{4}$ oz. cream style corn
Chopped parsley
All the flaked salmon
Add these 4 ingredients last and heat thoroughly.