



## 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.