

# Salmon Chowder

**Makes**  
8 servings

**Prep time**  
10 minutes

**Cook time**  
30 minutes

**Good source of**  
Fiber  
Protein

## Ingredients for Seasoning Mix:

- 2 Tbsp. canola or vegetable oil
- 2 pcs. bacon, chopped
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 1 Tbsp. flour
- 2 cups low-sodium chicken or vegetable broth
- 1 can (14 oz.) salmon, drained and flaked
- 1 potato, cubed
- 2 cups corn kernels
- 2 cups non-fat milk
- ½ tsp. salt
- ½ tsp. black pepper
- Green onions for garnish

## Nutrition Facts

6 servings per container  
Serving size 1 cup (311g)

Amount per serving  
**Calories** **220**

% Daily Value\*

Total Fat 8g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 480mg	21%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 16g</b>	
Vitamin D 7mcg	35%
Calcium 212mg	15%
Iron 1mg	6%
Potassium 587mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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## Directions:

1. Heat oil in a large pot over medium heat. Add chopped bacon and cook until brown, about 5 to 7 minutes.
2. Stir in onions and garlic and cook until fragrant, about 2 to 3 minutes.
3. Add flour and cook for 1 to 2 minutes, stirring constantly.
4. Whisk in the chicken or vegetable broth. Bring to a boil, reduce heat to low, and let simmer.
5. Stir in the salmon, potatoes, and corn. Bring back to a simmer and let cook for about 15 minutes, or until the potatoes are tender.
6. Stir in the milk, salt, and pepper and let cook for an additional 3 to 5 minutes, stirring occasionally.
7. Garnish with green onions. Serve hot. Refrigerate any leftovers.

