

**Salmon Chili: 20 Minute Meal**



**INGREDIENTS:**

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack salmon OR 2 cans or pouches (6 oz. each) skinless, boneless salmon, drained  
2 cans (15 oz. each) vegetarian chili  
1/2 teaspoon ground cumin  
Salt and pepper, to taste  
1/2 cup (2 oz.) low-fat or fat-free shredded Cheddar cheese  
2 Tablespoons diced onion  
1/2 cup diced Roma tomatoes  
1/4 cup low-fat or fat-free sour cream  
2 Tablespoons chopped cilantro, if desired

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**DIRECTIONS:**

Remove skin and bones from salmon (if any); break into chunks. Add chili to saucepan; stir in salmon and cumin. Cook until heated through. Season with salt and pepper to taste. Divide chili among four bowls. Top each with 2 tablespoons cheese, 1/2 tablespoon onion, 2 tablespoons tomato, 1 tablespoon sour cream, and 1/2 tablespoon cilantro.  
Makes 4 servings.

**NUTRITIONAL INFORMATION:**

Nutrients per serving: 374 calories, 8.1g total fat, 2.3g saturated fat, 20% calories from fat, 63mg cholesterol, 35.8g protein, 38g carbohydrate, 9.1g fiber, 1,352.1mg sodium, 389.8mg calcium and 1.9g omega-3 fatty acids.