

Creamy Best Bean and Salmon Soup: 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
1 can (14.5 oz.) fat-free chicken broth
1 package (10.5 oz.) frozen cut green beans or Italian beans
1 package (10.5 oz.) frozen lima beans
2 cans (12 oz. each) evaporated skim milk
1 can (14.5 oz.) Mexicorn or cut corn
1 can (8.75 oz.) black-eye peas or red beans, rinsed and drained
1 teaspoon mesquite, Cajun, or Creole seasoning
1/2 teaspoon dried thyme
1/4 teaspoon hickory liquid smoke
1/4 teaspoon onion powder

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DIRECTIONS:

Drain salmon, reserving liquid. Remove skin and bones (if any); chunk salmon. In stockpot or large saucepan, bring chicken broth to a boil; stir in green beans and lima beans. Cook 2 minutes over high heat. Stir in reserved salmon liquid, evaporated milk, corn, black-eye peas, and seasonings. Continue cooking over low heat 5 minutes. Stir in salmon; heat through.
Makes 6 to 8 servings.

NUTRITIONAL INFORMATION:

Nutrients per serving: 393.4 calories, 11.3g total fat, 4.2g saturated fat, 26% of calories from fat, 73.8mg cholesterol, 34.4g protein, 38.7g carbohydrate, 3.5g fiber, 1314.5mg sodium, 505mg calcium and 1.8g omega-3 fatty acids.