

**Quick Salmon Chowder: 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 Tablespoon butter OR margarine  
1 small onion, chopped  
1 Tablespoon flour  
3 cups skim milk  
2 cups (8 oz.) frozen hash brown potatoes with peppers and onions (O'Brien style)  
1 can (8 oz.) drained or 1 cup frozen corn kernels  
1 teaspoon dried thyme  
1/2 teaspoon salt  
1/2 teaspoon lemon-pepper or pepper blend seasoning  
2 Tablespoons sherry, if desired  
1/4 cup bacon bits, divided

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**DIRECTIONS:**

Drain salmon, reserving liquid; discard skin and bones (if any). Break salmon into chunks, set aside. Melt butter in 2-quart saucepan over medium heat. Add onions; cook and stir 5 minutes. Add flour; cook 1 minute, stirring occasionally. Add milk and salmon liquid, bring to a boil. Stir in potatoes, corn, seasonings, and 2 tablespoons bacon bits. Return to simmer, and cook 5 minutes. Stir in salmon and sherry, if desired; heat through. Ladle soup into bowls; sprinkle with remaining bacon bits.

Spicy Variations: Add Mexican, Cajun, OR Southwest seasoning to taste.

Makes 6 cups, about 4 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.