



## HEARTY SALMON CHOWDER

Serves 4

1 7 ½ oz. can Salmon	1 Cup Chicken Stock
2 tsp. Soft Margarine	1 Cup Water
½ Cup Chopped Celery	½ tsp. Coarse Pepper
½ Cup Chopped Onion	½ tsp. Dill Seed
¼ Cup Chopped Green Pepper	1 Cup Diced Zucchini
1 Clove Garlic, minced	1 14 oz. Can Evaporated Milk
3 Cups diced Potatoes	1 10 oz. Can Cream-style Corn
1 Cup Diced Carrots	Pepper

1. Drain and flake salmon, reserving liquid.
2. In large nonstick saucepan , melt margarine over medium heat; cook onions , celery, green pepper and garlic, stirring often, for 5 minutes or until vegetables are tender.
3. Add potatoes, carrots, chicken stock, water, pepper and dill seed; bring to boil. Reduce heat, cover and simmer for 20 minutes or until vegetables are tender. Add zucchini; simmer, covered for 5 minutes.
4. Add salmon, reserved liquid, evaporated milk, corn, and pepper to taste. Cook over low heat just until heated through.