



Ingredients



# Vegetable and Salmon Chowder



Adapted from *EatFresh.org*

- 1 1/2 cups **Onions** *diced*
- 1/2 cup **Carrots** *sliced*
- 1/2 cup **Celery** *diced*
- 2 cups **Potatoes** *canned, drained*
- 10 ounces **Corn** *frozen or 8 ounces Corn canned and drained*
- 4 cups **Chicken Broth** *low sodium*
- 14 ounces **Salmon** *drained, flaked, skin and bones removed*



Directions



Yield: 4 servings Serving size: 2.5 Cups

1. Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender.
2. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes. Add salmon and canned potatoes; cook for 5 minutes.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



Ingredients



# Vegetable and Salmon Chowder



Adapted from *EatFresh.org*

- 1 1/2 cups **Onions** *diced*
- 1/2 cup **Carrots** *sliced*
- 1/2 cup **Celery** *diced*
- 2 cups **Potatoes** *canned, drained*
- 10 ounces **Corn** *frozen or 8 ounces Corn canned and drained*
- 4 cups **Chicken Broth** *low sodium*
- 14 ounces **Salmon** *drained, flaked, skin and bones removed*



Directions



Yield: 4 servings Serving size: 2.5 Cups

1. Spray large saucepan with nonstick cooking spray; add onions, carrots and celery and cook over medium heat for 3 to 4 minutes or until tender.
2. Add corn and chicken broth; heat to boiling. Reduce heat; simmer for 10 minutes. Add salmon and canned potatoes; cook for 5 minutes.

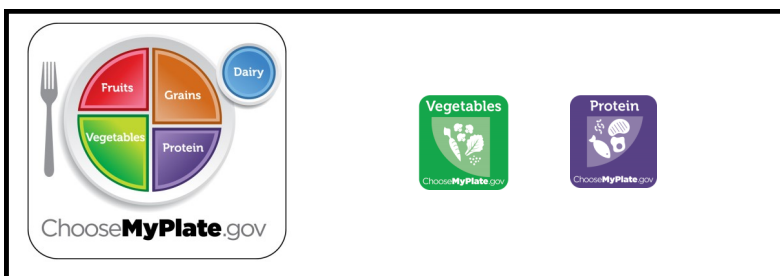
Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



## Cooking Tips



Substitute 2 small diced potatoes for canned potatoes and add in when adding corn and chicken broth. You can also use frozen spinach instead of corn

### Nutrition Facts

Serving Size 2.50 cup  
Serving Per Container 4

Amount Per Serving

**Calories 296**

% Daily Value\*

<b>Total Fat</b> 6.5 g	<b>8%</b>
Saturated Fat 1.4 g	7%
<b>Sodium</b> 734 mg	<b>32%</b>
<b>Total Carbohydrate</b> 34 g	<b>12%</b>
Dietary Fiber 5.5 g	20%

**Protein** 26 g

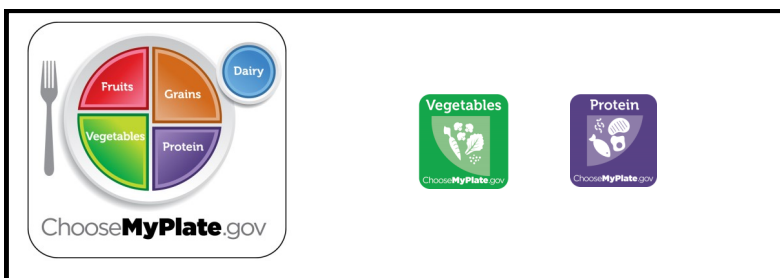
\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.



# Fast Facts

## Featured Food Groups



## Cooking Tips



Substitute 2 small diced potatoes for canned potatoes and add in when adding corn and chicken broth. You can also use frozen spinach instead of corn

### Nutrition Facts

Serving Size 2.50 cup  
Serving Per Container 4

Amount Per Serving

**Calories 296**

% Daily Value\*

<b>Total Fat</b> 6.5 g	<b>8%</b>
Saturated Fat 1.4 g	7%
<b>Sodium</b> 734 mg	<b>32%</b>
<b>Total Carbohydrate</b> 34 g	<b>12%</b>
Dietary Fiber 5.5 g	20%

**Protein** 26 g

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

Second Harvest is an equal opportunity provider.