

#QUARANTINE KITCHEN

Budget-Friendly Recipes
Using Canned & Dry Foods

Salmon Chowder (Makes about 8 servings.)

Ingredients

- 1 can (14-oz.) pink salmon, drained
- 1 Tbsp. vegetable oil
- 1/2 c. onion, chopped
- 3 1/2 c. chicken or vegetable broth
- 2 potatoes, peeled and diced
- 1 can (15-oz.) corn, drained
- 1/4 tsp. black pepper
- 1/2 tsp. dried dill (optional)

Directions:

1. In a large saucepan over medium heat, cook the onions in vegetable oil until soft, about 5 minutes.
2. Stir in chicken broth, potatoes, corn, and black pepper. Bring to a boil, lower the heat, and cook 20 minutes or until potatoes are soft.
3. Add the salmon and milk. If using dill, add that too. Cook 5 minutes.

Nutrition info: Serving size: 1 cup, Calories: 230, Total Fat: 8 g, Saturated Fat: 2.5 g, Cholesterol: 55 mg, Sodium: 322 mg, Total Carbohydrate: 23 g, Dietary Fiber: 2 g, Sugars: 2 g, Protein: 17 g. *Recipe adapted from Commodity Supplemental Food Program Cookbook.*

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