



SALMON CHOWDER

- 2 cans **Crown Prince Natural Skinless & Boneless Pink Salmon**, drained and chunked
- 2 cups water
- 2 cups diced red potatoes
- 1 1/2 cups frozen mixed vegetables
- 1 large onion, chopped
- 1/2 teaspoon celery seed
- 6 plum tomatoes, seeded and chopped
- 3 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- salt and black pepper to taste
- 2 cups 2% low fat milk



In a large pot, combine the water, potatoes, vegetables, onions and celery seed. Bring to a boil. Reduce heat, cover and simmer for 20 minutes or until vegetables are tender. Add the tomatoes and simmer 5 minutes longer.

Melt the butter in a large frying pan. Stir in the flour, salt and pepper until smooth. Gradually add milk and bring to a boil. Cook for 2 minutes or until thickened. Add to the vegetable mixture and stir in salmon. *Serves 6.*