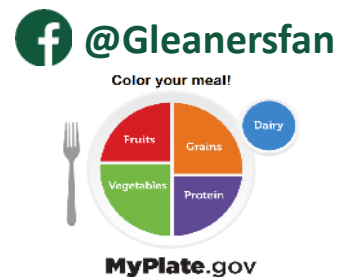




VEGETABLE AND SALMON CHOWDER



Ingredients:

- 1 1/2 Onions *diced*
- 1/2 Cup Carrots *sliced*
- 1/2 cup Celery *diced*
- 2 cups Potatoes *canned, drained*
- 10oz Corn *Frozen*
- 4 cups Chicken Broth *low sodium*
- 14 Ounces Salmon *drained, flaked, skin and bones removed*

Directions:

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.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

Want to apply for SNAP Benefits? Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

F.O.R.
Comida y otros recursos
LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773

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1-888-544-8773

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