

Salmon Chowder
from [Love Every Bite](http://loveeverybite.blogspot.com/)



3 Tbsp butter
3/4 cup chopped yellow onion
1/2 cup chopped celery
2 garlic cloves - minced
2 cups diced red potatoes
2 carrots - diced
2 cups chicken broth
1 tsp salt
1 tsp freshly ground black pepper
1 tsp dill weed
15 oz. can creamed corn
12 oz. can low-fat evaporated milk
1 Lb. (at least) cooked salmon - broken into small pieces
4 oz. shredded cheddar cheese
2 Tbsp chopped parsley (optional)

1. Melt butter in a large pot over medium heat. Saute onion, celery, and garlic for a few minutes, until onions are tender.
2. Stir in potatoes, carrots, broth, salt, pepper, and dill weed. Bring to a boil; then cover and simmer over medium-low heat for 20 minutes.
3. Stir in corn, evaporated milk, salmon, and cheese. Cook, stirring often, until heated through. Stir in parsley just before serving.