

A bowl of this comforting chowder is just what the doctor ordered for a cold winter evening; warming and delicious.

Corn, Sweet Potato and Salmon Chowder

Ingredients

- 2 teaspoons vegetable oil
- 1 onion, finely chopped
- 1 clove garlic, minced
- 1 teaspoon dried dill weed
- Pepper
- 1 sweet potato, peeled if desired and cut into 1/2-inch cubes
- 1 1/2 cup corn kernels (fresh or frozen, thawed)
- 2 cups water
- 1/4 cup all-purpose flour
- 2 cups 1% milk (coconut milk for a dairy-free alternative)
- 12 ounces skinless salmon fillet, cut into chunks
- 1 teaspoon grated lemon zest
- 3 tablespoons freshly squeezed lemon juice



Instructions

1. In a large pot, heat oil over medium heat. Sauté onion, garlic, dill and pepper for about 5 minutes or until onions are softened.
2. Stir in potatoes, corn and water; bring to a boil over high heat. Cover, reduce heat to medium-low and simmer for 5 to 10 minutes or until potatoes are almost tender.
3. Increase heat to medium. Whisk flour into milk and gradually stir into pot.
4. Stir in salmon. Simmer, uncovered and stirring often but gently, for about 5 minutes or until salmon is firm and opaque and soup is thickened (do not let boil).
5. Stir in lemon zest and juice and season to taste with pepper. Ladle into warmed bowls.

Source: <http://www.heartandstroke.ca/get-healthy/recipes/fish-and-seafood/corn-sweet-potato-and-salmon-chowder>