

Salmon Chowder with Yukon Gold Potatoes

Recipe courtesy Robin Miller, 2006



Prep Time:	15 min	Level:	Serves:
Inactive Prep Time:	hr min	Easy	4 servings
Cook Time:	15 min		

Ingredients

- 2 teaspoons olive oil
- 2 leeks (white part only), rinsed well and chopped
- 2 cloves garlic, minced
- 1 teaspoon dried tarragon
- 2 medium-size Yukon gold potatoes, peeled and cut into 1-inch cubes
- 4 cups reduced-sodium chicken or vegetable broth
- 1 1/2 cups leftover salmon broken into pieces
- 1 (12-ounce) can evaporated fat-free milk or lowfat milk
- Salt and freshly ground black pepper

Directions

Heat the oil in a large saucepan over medium heat. Add the leeks and garlic and cook, stirring, until softened, about 3 minutes. Add the tarragon and cook 1 minute, until fragrant. Add the potatoes and broth and bring to a simmer. Partially cover the pan and simmer until the potatoes are fork-tender, 8 to 10 minutes. Stir in the salmon and milk and simmer 2 minutes to heat through. Remove from the heat, season to taste with salt and pepper, and serve.