

GUASTELLO'S VILLAGE MARKET

Creamy Salmon Chowder

Serves 4

Ingredients

1 tbsp. olive oil
1 bunch scallions
1 stalk celery
3 clove garlic
1/2 tsp. dried thyme
tsp. crushed red pepper flakes
kosher salt
Pepper
2 tbsp. flour
1 qt. nonfat milk
1 lb. red potatoes
3/4 lb. skinless salmon filet
2 c. frozen corn
Chopped fresh dill

Heat the oil in a heavy saucepan or Dutch oven over medium heat. Add the scallions, celery, garlic, thyme, red pepper, 1/2 teaspoon salt, and 1/4 teaspoon pepper and cook, stirring occasionally, until the celery begins to soften, 5 minutes. Sprinkle the mixture with the flour and cook, stirring, for 1 minute.

Stir in the milk and 1 cup water. Add the potatoes and vigorously simmer until they are just tender, 5 to 6 minutes.

Add the salmon and corn, return to a simmer and cook until the salmon is opaque throughout, about 3 minutes more. Top with fresh dill, if desired.

Credit: delish.com