

# SOUP COOK-OFF RECIPE

## - CAJUN SALMON CHOWDER -

- \* 1 1/2 lbs. fresh red salmon
- \* 1 large onion
- \* 1 c. chopped carrots
- \* 1 c. chopped celery
- \* 1 1/2 c. diced potatoes
- \* 32 oz. chicken broth
- \* 2-cans evaporated milk
- \* salt, pepper, poultry seasoning, dill weed
- \* special cajun seasoning, corn starch
- \* canned creamed corn
- \* garlic

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### - WAY ITS HEALTHY -

- \* My soup is healthy because I use omega-3 rich red salmon, & plenty of healthy vegetables.