

## Heart Smart Salmon and Corn Chowder

*Makes 2 – 3 quarts*

1 cup brown rice	1 bay leaf
8 cups low-sodium chicken stock	1 tablespoon curry powder
1 Tablespoon grated ginger	2 teaspoons kosher salt
2 Tablespoons olive oil	2 tablespoons sugar
1 cup diced onion	¼ cup flour
1 cup diced carrots	1 lb white corn kernels thawed
1 cup diced celery	1 lb salmon, cut into half-inch cubes
2 cloves garlic, chopped	½ cup chopped cilantro
1 teaspoon turmeric	2 Tablespoons lemon juice
1 teaspoon dried thyme	½ cup chopped scallions

### **Directions:**

1. Place the rice, stock, and ginger in a large saucepan. Bring mixture to a boil. Cover and simmer until the rice is cooked through, about 40 minutes. Remove from stove and set aside.
2. Heat the olive oil in a large stockpot over medium-high heat. Add the onions, carrots, celery, garlic, turmeric, thyme, bay leaf, curry, salt and sugar to the pot and sauté for 5 minutes.
3. Stir in the flour to coat the vegetables. Add the corn, cooked rice and stock to the pot and let it simmer for 5 minutes.
4. Add the salmon and remove the pot from the stove. Cover and let the soup rest for 5-10 minutes to cook the salmon through.
5. Add chopped cilantro and lemon juice. Garnish with scallions and serve immediately.

*American Heart Association recipe adapted by Christina Dimacali, Clean Your Plate Chef Services and Cooking Instruction*