



Fish Chowder

Makes 12 child sized servings

Preparation time: 15 minutes

Cooking time: 35 minutes

Potential allergens: milk

Equipment List

- Large pot
- Cutting knife
- Cutting board
- Measuring cups and spoons

Nutrition Information

Energy	187 calories
Total Fat	5.1 g
Saturated Fat	0.3 g
Sodium	108 mg
Carbohydrate	20 g
Fibre	2.1 g
Protein	15.6 g
Sugar	5.4 g

What You Need

INGREDIENTS	AMOUNTS	METRIC
Fish pieces, chopped	3 cups	750mL
Low sodium chicken stock	4 cups	1000mL
Onion, diced	1	1
Carrots, diced	3 large	3 large
Celery, diced	4 stalks	4 stalks
Potatoes, diced	4 medium	4 medium
Evaporated milk	1 can (10.5 ounces)	354mL
Corn, kernels	1 cup	250mL
Margarine	2 tablespoons	30mL
Salt and pepper to taste		

Instructions

- 1) Wash and chop onion, carrots, celery and potatoes.
- 2) Cut fish pieces into bite sized chunks.
- 3) In a large pot on medium heat add onions, carrots, celery, potatoes and chicken stock. Simmer with the lid on for 30 minutes until the vegetables are tender.
- 4) Add fish pieces, evaporated milk, corn and margarine. Bring to a boil and simmer for 5 minutes until the fish is cooked.
- 5) Season with salt and pepper.

Recipe taken from Healthy Family Program Collective Kitchen Recipe Book for Northern Cooks