

Plate Dream

Salmon Chowder Recipe – Quick & Cozy Soup

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 (14-oz) cans salmon, drained, bones removed
- [ ] 3 cups peeled and diced potatoes
- [ ] 1 cup diced carrots
- [ ] 1 cup diced celery
- [ ] 1 small onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 3 cups low-sodium chicken broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp butter
- [ ] 1 tsp dried thyme
- [ ] 1 tbsp fresh lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh dill for garnish

Instructions

1. In a large pot, melt butter over medium heat; add onion, garlic, carrots, and celery. Sauté until fragrant, about 4 minutes.
2. Stir in diced potatoes, thyme, and broth. Bring to a gentle simmer; cover and cook until potatoes are tender, 10-12 minutes.
3. Add the canned salmon, breaking it into large flakes. Reduce heat, pour in cream and lemon juice, and stir gently—no boiling.
4. Season with salt and pepper, let the chowder heat through for 2 minutes, then ladle into bowls; garnish with fresh dill and a drizzle of olive oil.

Nutrition per serving

380 kcal	24 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, splash a tablespoon of white wine before adding broth (optional).
- If the chowder thickens too much, thin with a bit more broth or milk.
- Taste and adjust seasoning just before serving; the lemon brightens the flavors.