



SPRING SALMON SOUP

- 2 cans **Crown Prince Natural Skinless & Boneless Pink Salmon**,
drained and chunked
- 6 tiny red potatoes, quartered
- 4 cups vegetable broth
- 1 ear fresh corn, kernels removed and reserved
- 6 sprigs fresh thyme or 1/2 teaspoon dried thyme, crushed
- 1 cup packed baby spinach leaves
- 1/4 cup sliced green onions
- salt and black pepper to taste



In a large saucepan, cook potatoes covered in boiling broth about 5 minutes or until potatoes are tender but not cooked through. Add corn and thyme. Return to a boil, reduce heat, and cook about 4 minutes or until vegetables are crisp-tender. Reduce heat and remove thyme sprigs, if desired. Add salmon, spinach and green onion. Cook about 1 minute or until spinach begins to wilt. Season with salt and pepper. *Serves 6.*

Per Serving: 234 Calories (19 Calories from Fat), 2g Fat, 18g Protein, 36g Carbohydrate, 22mg Cholesterol, 763mg Sodium