

## Heart Smart Salmon and Corn Chowder

Makes 2 – 3 quarts

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

### 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 Chef Christina Dimacali of Clean Your Plate