



35 min



Serves 6



# FRESH

## SALMON AND BEAN CHILI

### Ingredients:

2 cans (7.5 oz) Salmon, drained  
2 tbsp. olive/canola oil  
1 can (8.75oz) corn  
1 can (15oz) black beans, drained and rinsed  
1 can (14.5oz) diced tomatoes  
1 can low sodium stock  
2 tsp chili powder  
Salt and pepper to taste  
2 tbsp cilantro, chopped

### Directions:

1. Drain and chunk salmon
2. Heat oil in a large saucepan over medium heat. Add in corn, beans, tomatoes, and broth to pan, bring to simmer. Add chili powder, salt and pepper and continue to simmer for 10 minutes
3. Add salmon and the chopped cilantro. Stir gently to combine; cook until heated through

Source: [www.alaskaseafood.org](http://www.alaskaseafood.org)

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## NUTRITION INFO

Per: 1 serving of recipe

(6 servings in recipe)

Energy.....240 kcal

Fat.....7g

Carbohydrates.....28g

Protein.....18g



## CONTACT US

**Website:** [freshu.ca](http://freshu.ca)

**Facebook:** [/freshatwestern](https://www.facebook.com/freshatwestern)

**Instagram:** [@freshwestern](https://www.instagram.com/freshwestern)

**Youtube:** [@freshwestern](https://www.youtube.com/freshwestern)

**Email:** [fresh@uwo.ca](mailto:fresh@uwo.ca)