



BRISTOL BAY
SOCKEYE SALMON

SOCKEYE SALMON TORTILLA SOUP

SERVINGS: 6

PREP TIME: 10 minutes

COOK TIME: 20 minutes

Ingredients:

2 Tablespoons vegetable oil

1/2 cup finely chopped yellow onion

2 teaspoons fresh minced garlic

2 Tablespoons flour

2 cans (14.5 oz. each) fat-free chicken or beef broth

1 can (10 oz.) diced tomatoes and green chiles

1 can (12 oz.) evaporated skim milk

1/2 teaspoon dried oregano

1 can (14.75 oz.) or 2 cans (7.5 oz. each) traditional pack sockeye salmon OR 8 to 10 oz. skinless, boneless salmon (canned or pouched)

salt, to taste

8 oz. monterey Jack or Mexican-style cheese, grated

1 cup tortilla chips, crumbled

Directions:

- 1** Heat oil over medium heat, using a large stockpot. Add onions and garlic; stir and cook 3 to 5 minutes, until just starting to brown. Sprinkle in flour; stir and cook 3 minutes.
- 2** Add broth, tomatoes, canned milk and oregano; bring to a boil. Reduce heat to simmer and cook 10 minutes.
- 3** Drain and flake salmon in large pieces, removing skin and bones (if any). Add salmon to soup and season to taste with salt; heat through.
- 4** To serve, place 1/3 cup cheese in bottom of a large soup bowl; add soup. Sprinkle with tortilla chips.

Find more delicious wild sockeye salmon recipes
at www.bristolbaysockeye.org.