

Alaska Salmon Tortilla Soup



Preparation Time: 10 minutes

Cook Time: 20 minutes

Servings: 6

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 Alaska 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

Description:

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. Add broth, tomatoes, canned milk and oregano; bring to a boil. Reduce heat to simmer and cook 10 minutes.

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. To serve, place 1/3 cup cheese in bottom of a large soup bowl; add soup. Sprinkle with tortilla chips.