

# The only Duwamish River seafood safe to eat is Salmon.

In the Duwamish River, chemical pollution that you cannot see gets into the bottom fish, shellfish, and crab that spend their entire lives in the river.

These chemicals can harm the growth and development of babies and young children.

**Salmon** spend only a short time in the river. They are nutritious and good for your heart and brain.



FUN TO CATCH  
TOXIC TO EAT

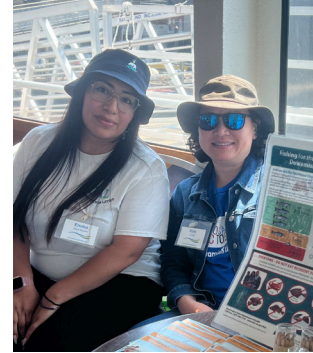
THE ONLY DUWAMISH SEAFOOD SAFE TO EAT IS SALMON  
El único pescado del río Duwamish que es seguro para comer es el salmón

Public Health  
Seattle & King County



For more information:

[www.kingcounty.gov/duwamish-fishing](http://www.kingcounty.gov/duwamish-fishing) | 206-263-0906 | [grupoasesorlatino@gmail.com](mailto:grupoasesorlatino@gmail.com)



Trained Community Health Advocates partner with the program agencies to conduct community-based health education.



**GAL**  
GRUPO  
ASESOR  
LATINO

# Salmon Soup

## INGREDIENTS

Salmon (2 fillets)  
Shrimp (optional)  
1 Cilantro bunch  
3 carrots  
1 potato  
Small can of chipotle (to taste)  
4 tomatoes  
1 onion  
3 stalks of celery  
1 green zucchini  
4 cloves of garlic  
4 California chili  
2 bay leaves  
A bunch of green onion  
1 shrimp seasoning cube  
1 tablespoon oregano  
1 tablespoon cumin

## DIRECTIONS

**First step:** Rinse all the vegetables and then chop the carrots, green zucchini, celery, potato and put in a bowl, chop the green onions into 3 pieces and set aside.

**Second step:** put 4 tomatoes and 4 California chilies in a pot with water to boil

**Third step:** In a different pot add about 4 tablespoons of oil. Let the oil heat up and then add the carrots, zucchini, celery, potato, and green onion. Mix the vegetables, then add the bay leaf, oregano. Mix and then add half the onion.

**Fourth step:** When the tomatoes and chilies are soft, add chipotle peppers to your liking to the blender with 4 cloves of garlic and add the rest of the onion, the shrimp seasoning and the cumin. Blend until everything is well blended. Then strain into a pot with the other vegetables use a spoon to help strain the liquid. Add water to taste or until everything is covered. Let it boil until the vegetables become soft or to taste.

**Step five:** While the ingredients in the pot are cooking, clean your shrimp and salmon. Cut into smaller pieces.

**Step six:** Let it boil and then add the shrimp and salmon. Mix well and then add cilantro on top. Let boil for 10 - 15 minutes or to your liking.

**Last step:** Serve and enjoy the salmon broth!!

Recipe by: GAL CHAS

