



Rustic Fish Stew

A tomato based fish soup rich in flavor that can be made ahead of time – perfect with a slice of crusty French bread

<u>U.S.</u>		<u>Metric</u>
2 tsp	Olive oil	10 mL
1 each	Onion, Yellow, Chopped	110 g
2 cloves	Garlic, grated	2 cloves
1/4 tsp	Cayenne (optional)	.75 g
1/4 tsp	Red Pepper Flakes	.75 g
2 each	Bay Leaf, Dried	2 each
2 (15 oz.) cans	Canned diced tomatoes	847.5 g
3 cups	Vegetable stock	711 mL
1 lb	White fish, such as catfish/halibut, cut into 2"	455 g
2 Tbsp	Basil, Fresh, Chopped	8 g
1 Tbsp	Oregano, Fresh, Chopped	4 g
1/4 tsp	Salt, kosher	.75 g
1/4 tsp	Ground Black Pepper	.75 g
4 (1/4" thick) slices	French Bread, whole grain	4 slices
1 clove	Garlic, minced	1 clove

Preparation:

1. Gather all ingredients and equipment.
2. Preheat the oven to 350°F(180°C).
3. Gather all the ingredients and equipment.
4. Heat the olive oil in a medium-large pot over medium heat. Add the onion and sauté until translucent, about 3-4 minutes. Add the garlic, cayenne, red pepper flakes and bay leaf and continue to sauté for another minute, stirring often.
5. Add canned, diced tomatoes and stock. Increase heat and bring to a boil, then reduce to a simmer and cook until slightly thickened, about 15-20 minutes.
6. Add the fish and cover with a lid. Reduce heat to low and cook for about 5 minutes, or until fish is tender.
7. While the stew is finishing, rub the French bread with minced garlic and then toast in the oven for 1-2 minutes.
8. Add the the basil, oregano, salt and pepper, turn off the heat, and allow to sit for 1 minute, uncovered.
7. Serve hot with a slice of bread, and enjoy!

Nutrition Facts

Serving size	1 1/2 cup+ 1 slice bread
Servings	4
Calories	235
Calories from Fat	40
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	56 mg
Sodium	361 mg
Carbohydrates	24 g
Dietary Fiber	4 g
Sugars	7 g
Protein	26 g
Vitamin A	10 %
Calcium	10 %
Vitamin C	37 %
Iron	15 %
Phosphorus	321 mg
