



## 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.S.

2 tsp  
1 each  
2 cloves  
1/4 tsp  
1/4 tsp  
2 each  
2 (15 oz.) cans  
3 cups  
1 lb  
2 Tbsp  
1 Tbsp  
1/4 tsp  
1/4 tsp  
4 (1/4" thick) slices  
1 clove

Olive oil  
Onion, Yellow, Chopped  
Garlic, grated  
Cayenne (optional)  
Red Pepper Flakes  
Bay Leaf, Dried  
Canned diced tomatoes  
Vegetable stock  
White fish, such as catfish/halibut, cut into 2"  
Basil, Fresh, Chopped  
Oregano, Fresh, Chopped  
Salt, kosher  
Ground Black Pepper  
French Bread, whole grain  
Garlic, minced

### Metric

10 mL  
110 g  
2 cloves  
.75 g  
.75 g  
2 each  
847.5 g  
711 mL  
455 g  
8 g  
4 g  
.75 g  
.75 g  
4 slices  
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 on Reverse**

---

**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

---