

## 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

<b><u>U.S.</u></b>		<b><u>Metric</u></b>
2 tsp	Olive oil	10 mL
1 each	Onion, yellow, diced	110 g
2 cloves	Garlic, minced	2 cloves
1/4 tsp	Cayenne (optional)	0.75 g
1/4 tsp	Red Pepper Flakes	0.75 g
2 each	Bay Leaf, dried	2 each
1/2 cup	White Wine, dry	120 mL
2 (15 oz.) cans	Diced Tomatoes, canned, no salt added	2 (425 g) cans
3 cups	Vegetable stock, unsalted	711 mL
1 lb	White fish, such as cod, haddock, rockfish, drum, halibut etc., cut into 2" chunks	455 g
1 (15 oz) can	Cannellini Beans, canned, low sodium, rinsed, drained	1 (425 g) can
3 cups	Baby Spinach	90 g
2 Tbsp	Basil, chiffonade	8 g
1 Tbsp	Oregano, fresh, chopped	4 g
1/4 tsp	Salt	1.6 g
1/4 tsp	Black Pepper, ground	0.6 g

### **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. Deglaze pan with wine. Add diced tomatoes and stock. Increase heat and bring to a boil, then reduce to a simmer and cook until slightly thickened, about 20 minutes.
6. Add the fish and beans and cover with a lid. Reduce heat to low and cook for about 5 minutes, or until fish is tender and reaches an internal temperature of 145°F.
7. Add the spinach, basil, oregano, salt and pepper. Turn off the heat and allow to sit for 2 minute, uncovered.
8. Serve hot and enjoy!

\*\*Chef's Note: Serve with a slice of toasted whole grain bread rubbed with garlic for dipping.

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## Nutrition Facts

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4 Servings

**Serving size**                    **1 1/2 cups**

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**Amount per serving**

**Calories**                            **290**

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**Total Fat**                            4 g

    Saturated Fat                    0.5 g

    Trans Fat                            0 g

    Monounsaturated Fat            2 g

**Cholesterol**                        50 mg

**Sodium**                                310 mg

**Total Carbohydrate**            27 g

    Dietary Fiber                    10 g

    Total Sugars                      8 g

        Includes 0 g Added Sugars

**Protein**                                28 g

Vitamin D                            5 %

Calcium                                15 %

Iron                                      24 %

Potassium                            1400 mg

Phosphorus                          365 mg

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