

Ingredients

1 tablespoon olive oil
1 medium onion, diced
1 red bell pepper, seeded and diced
2 stalks celery, diced
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano
1-28 ounce can no salt added
crushed tomatoes
2 cups low sodium vegetable broth
1-6 ounce cod filet, cut into 1-inch
chunks
8 ounces medium shrimp, peeled
and deveined and chopped
½ teaspoon salt (optional)
½ teaspoon ground black pepper

Mediterranean Fish Stew

This Recipe Serves 4

- 1.** Add olive oil to a soup pot over medium heat. Add onion, bell pepper, celery, garlic, basil and oregano. Sauté until onions begin to turn clear.
- 2.** Add crushed tomato and vegetable broth. Bring to a boil, then reduce to a simmer for 10 minutes or until vegetables are soft.
- 3.** Gently stir in cod and shrimp and cook for 5 minutes or until seafood is cooked through.

Notes _____
