



Noreen's Kitchen

Light & Easy Fish Stew

Ingredients

1 pound cod filets, cut into chunks	1 tablespoon fresh fennel fronds (optional)
1 pound medium shrimp, peeled, deveined,	1/2 cup flat leaf parsley, chopped
1 cup onion, chopped	1 teaspoon dried oregano
1 cup celery, chopped	1 teaspoon dried thyme
1 cup green bell pepper, chopped	1 teaspoon dried basil
1 cup matchstick carrots	1 teaspoon red pepper flakes
4 cloves garlic, minced	2 bay leaves
6 Roma Tomatoes cut into chunks	1, 28 ounce can crushed tomatoes
Juice of 1 lemon	4 cups vegetable stock or clam juice
2 tablespoons olive oil	

Step by Step Instructions

Heat oil over a medium high burner, in a large, heavy bottomed Dutch oven or stock pot.

Add all the vegetables and stir to combine, allowing them to sauté' slightly for a few minutes. When you can begin to smell the aroma of the garlic, you can proceed.

Add the herbs and dried spices and combine.

Add the juice of half of the lemon and stir.

Add crushed tomatoes and vegetable stock or clam juice and stir. Bring to a simmer and allow to simmer over medium heat for 20 minutes.

Add fish and shrimp to the pot, stir and turn the heat off. Place the lid on the pot and allow to sit for five minute. The residual heat from the broth will cook the fish to perfection.

Add the juice of the other half of the lemon and stir gently so as not to break up the fish too much.

Serve with additional lemon wedges as well as crusty bread and salad for a complete meal. A drizzle of olive oil never hurt anyone either!

Enjoy!