



Cannery Row Soup

Serving size: 1 cup

Yield: 8 servings

Ingredients:

- 2 pounds varied fish fillets (e.g., haddock, perch, flounder, cod, or sole), cut into 1-inch-square cubes
- 2 tablespoons olive oil
- 1 clove garlic, minced
- 3 carrots, cut into thin strips
- 2 cups celery, sliced
- 1/2 cup onion, chopped
- 1/4 cup green peppers, chopped
- 1 can (28 ounces) whole tomatoes, cut up, with liquid
- 1 cup clam juice
- 1/4 teaspoon dried thyme, crushed
- 1/4 teaspoon dried basil, crushed
- 1/8 teaspoon black pepper
- 1/4 cup fresh parsley, minced



Directions:

1. Heat oil in large sauce pan. Sauté garlic, carrots, celery, onion, and green pepper in oil 3 minutes.
2. Add remaining ingredients except parsley and fish. Cover and simmer 10-15 minutes or until vegetables are fork-tender.
3. Add fish and parsley. Simmer, covered, 5-10 minutes more or until fish flakes easily and is opaque. Serve hot.

Nutrition Information: Calories: 170; Total fat: 5 g; Saturated fat: less than 1 g; Cholesterol: 56 mg; Sodium: 380 mg; Fiber: 3 g; Protein: 22 g; Carbohydrate: 9 g; Potassium: 710 mg

Source: *A Healthier You*, Centers for Disease Control and Prevention



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