



cara price

SIMPLE SEAFOOD STEW

INGREDIENTS

- 1-1/2 pounds white fish, cut into cubes {ask your fishmonger to do this for you!}
- 1 yellow onion, peeled & chopped into small pieces
- 1 - 25 ounce jar marinara sauce, no sugar added
- 2 cups vegetable broth
- 1 cup white wine {or add more broth if you don't use wine}
- 1/3 cup olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon + 1 teaspoon seafood seasoning
- 1/2 teaspoon red pepper flakes

DIRECTIONS

in a medium size stock pot, heat the olive oil. add in the onion & sauté about 5 minutes until soft & beginning to brown. add in all the other ingredients, except fish & bring to a low, continuous boil for 15 minutes. stir occasionally.

turn up the heat slightly to get a bit of a more rapid boil, add in fish, stir. cook fish 5 minutes, stirring often. watch the heat to make sure the bottom of pan doesn't burn & keep it from splattering.

check fish for doneness.

note: i have never had the fish not be done at the end of 5 minutes but if you encounter this problem, continue cooking in 1 minute increments, watching it closely.

serve immediately.