

Making it delicious

Mediterranean Fish Stew



Ingredients

- 4 Tbsp. extra virgin olive oil
- 1 onion, chopped
- 1 carrot, sliced into thin rounds
- 1 Tbsp. flour
- 3 medium potatoes, peeled and cut into bite sized cubes
- 1 pound boneless white fish (cod, halibut, haddock)
- 4 cups low sodium chicken broth
- ½ tsp. smoked paprika
- Salt and pepper, to taste



Instructions

Recipe adapted from mediterraneanliving.com

- Heat olive oil in a thick bottomed pot. Sauté onions and carrots until soft, about 3 minutes.
- Stir in flour and then add potatoes. Cook on medium heat for 1 minute.
- Add chicken broth and bring to a boil. Add fish and smoked paprika.
- Cover and simmer, stirring occasionally until potatoes are soft (about 15-20 minutes). Fish should flake into small pieces.