

# MEDITERRANEAN FISH STEW

Fish stew is a delicious recipe enjoyed the world over, featuring a white fish in a rich and fragrant broth. There are many variations of fish stew, depending on the region from which the recipe originates. This recipe was submitted from Don, one of our Genesis Health Solutions clients and has more of a Mediterranean flair. He says the champagne vinegar gives the recipe a "sour wine" taste instead of a subtle dry white wine taste. It is a robust flavor that goes well with the tomatoes and cod fish. You can always add a few drops of stevia to offset the vinegar, if needed. It is very easy to make and provides four servings. Each serving covers your protein, vegetable and fat for one serving.



## INGREDIENTS

- 4 Tbsp. virgin coconut or avocado oil
- 1 cup leeks, thinly sliced
- 1/2 cup celery, finely chopped
- 1/2 cup onion, finely chopped
- 2 large garlic cloves, minced
- 2/3 cup fresh organic parsley, chopped
- 2 cups Roma tomatoes, diced
- 2 tsp organic tomato paste (unsweetened)
- 8 oz. water
- 1 small lemon, juiced
- 1/4 cup Champagne vinegar
- 12 oz. firm white fish (cod, halibut, red snapper, or sea bass), cut into 2" pieces
- Pinch each of dried oregano and dried thyme
- Pink Himalayan salt & black pepper, to taste
- Frank's Hot Sauce or Tabasco, to taste (optional)

## **INSTRUCTIONS**

Heat olive oil in a large, heavy-bottomed pot over medium-high heat. Add leeks, celery and onion and sauté 4 minutes. Add garlic and sauté 1 minute more. Add parsley, stirring for 2 minutes. Add diced tomato and tomato paste, simmering for 8-10 minutes.

Add alkaline water, juice of lemon, Champagne vinegar and fish. Bring to a simmer, cooking until fish is cooked and easily flakes apart (about 4 minutes). Add oregano, thyme, hot sauce, salt and pepper.