

# Ecuadorian Biche De Pescado Soup

Yield: 7 min  
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/brazilian-yuca-soup-recipe>

## Ingredients:

- 1 1/4 pounds fish heads and bones, or use a small whole fish
- 12 cups water adjust based on how thick you want the soup
- 1 cup milk
- 1 cup peanuts lightly toasted
- 2 tablespoons sunflower oil
- 1 cup red onion chopped
- 1 teaspoon ground cumin
- 4 garlic cloves crushed
- salt to taste
- 2 pounds white fish fillets halibut, monkfish, ling cod, sea bass, etc, cut in medium sized pieces
- 2 tablespoons butter or oil
- 2 cups red onion chopped, about 1 whole onion
- 6 garlic cloves crushed
- 1 bell pepper diced, about 1 cup
- 1 tablespoon dried oregano
- 1/2 tablespoon ground cumin
- 1 teaspoon achiote powder or annatto powder
- 2 tablespoons peanut butter plain, unsweetened
- 1 1/2 pounds yuca or cassava, peeled and quartered, fresh or frozen
- 2 plantains very ripe, the ones that are starting to get black, sliced in about 10 rounds per plantains
- 2 corn ears, cut into 6-8 small rounds per ear of corn
- 3 chopped cilantro finely, or parsley
- salt
- pepper
- lime slices
- hot sauce

## Nutrition:

1. Calories: 670 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 140 milligrams
4. Fat: 36 grams
5. Fiber: 7 grams
6. Protein: 52 grams
7. SaturatedFat: 7 grams
8. Sodium: 490 milligrams
9. Sugar: 16 grams

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