

Spicy Red Fish Stew

Yield: 2 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-dried-cod-recipe>

Ingredients:

- 1/2 cup red onion finely chopped, or shallot
- 1 tablespoon olive oil
- 12 ounces roasted red bell peppers drained and chopped
- 14 1/2 ounces diced tomatoes with juice
- 1 teaspoon garlic finely minced fresh
- 1/4 teaspoon red pepper flakes I used Aleppo pepper; use more if you like it spicy
- 1/4 cup chopped fresh cilantro plus more for garnish if desired
- 1/2 teaspoon lemon zest fresh
- 2 teaspoons fresh lemon juice
- 10 ounces cod halibut, or tilapia fillets, cut into 1 inch pieces
- salt
- ground black pepper

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 60 milligrams
4. Fat: 8 grams
5. Fiber: 5 grams
6. Protein: 30 grams
7. SaturatedFat: 1 grams
8. Sodium: 2810 milligrams
9. Sugar: 8 grams

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