

# Easy Homemade Italian Fish Soup

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-italian-fish-recipe>

## Ingredients:

- 1 pound fish cut up assorted, eg. shrimp,prawns, cod, haddock, calamari, mussels, clams etc
- 2 tablespoons olive oil
- 3 cloves garlic chopped
- pepper flakes to taste
- 1/4 cup dry white wine
- 3/4 cup tomato puree
- 1 1/2 cups water depending on how thick you want it, more soup or stew
- salt to taste I added a pinch
- 1 teaspoon oregano
- 1 teaspoon basil
- 1/4 cup Italian parsley chopped fresh
- 4 slices bread thick Italian crust, grilled or plain

## Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 70 milligrams
4. Fat: 14 grams
5. Fiber: 2 grams
6. Protein: 25 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 620 milligrams
9. Sugar: 4 grams

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