

Italian Fish Stew

Yield: 7 min
Total Time: 40 min

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

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons butter
- 1/2 cup leeks white part cleaned of all sand and diced
- 1 cup sweet onion diced, such as Vidalia
- 1/2 cup fennel bulb fresh, diced, if fennel is not available, add one teaspoon crushed aniseed when sautéing onions and leeks
- 1 tablespoon garlic minced
- 1/4 cup vermouth or dry white wine
- 2 tablespoons tomato paste
- 2 cups clam juice 2 8-ounce bottles
- 1 1/2 cups vegetable stock
- 28 ounces crushed tomatoes We like Pastene San Marzano
- 1 teaspoon sea salt or kosher
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup Italian flat leaf parsley fresh, chopped
- 6 tablespoons fresh basil divided
- 1 pinch red pepper flakes
- 1/2 pound zucchini fresh, quartered the long way then sliced into bite sized pieces
- 1 cup frozen corn kernels or fresh
- 1 pound white fish firm, cut into large chunks, halibut, mahi-mahi, catfish, etc.

Nutrition:

1. Calories: 530 calories
2. Carbohydrate: 62 grams
3. Cholesterol: 55 milligrams
4. Fat: 21 grams
5. Fiber: 4 grams
6. Protein: 28 grams
7. SaturatedFat: 5 grams

8. Sodium: 1520 milligrams
 9. Sugar: 13 grams
-

Thank you for visiting our website. Hope you enjoy Italian Fish Stew above. You can see more 20 italian baked white fish recipe Prepare to be amazed! to get more great cooking ideas.