

# Italian Halibut Chowder

Yield: 8 min  
Total Time: 90 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-halibut-chowder-recipe>

## Ingredients:

- 2 1/2 pounds halibut steaks cubed
- 1 red bell pepper chopped
- 1 onion chopped
- 3 stalks celery chopped
- 3 cloves garlic minced
- 1/4 cup olive oil
- 1 cup tomato juice
- 1/2 cup apple juice
- 32 ounces whole peeled tomatoes mashed
- 2 tablespoons fresh parsley chopped
- 1/2 teaspoon salt
- 1/2 teaspoon dried basil
- 1/8 teaspoon dried thyme
- 1/8 teaspoon ground black pepper

## Nutrition:

1. Calories: 90 calories
2. Carbohydrate: 6 grams
3. Fat: 7 grams
4. Fiber: 1 grams
5. Protein: 1 grams
6. SaturatedFat: 1 grams
7. Sodium: 160 milligrams
8. Sugar: 4 grams

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