

Italian One Pot Cod Fish Soup

Yield: 4 min
Total Time: 30 min

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

Ingredients:

- 2 tablespoons light olive oil
- 1 onion diced
- 4 cloves minced garlic
- 2 celery sticks diced
- 1 green bell pepper cubed
- 1/2 cup dry white wine
- 1 lemon juiced
- 1 tablespoon italian seasoning dried
- 1/2 teaspoon black pepper
- 2 cups chicken stock
- 29 ounces diced tomatoes undrained
- 2 tablespoons tomato paste
- 16 ounces Alaska cod wild, or whitefish
- fresh basil as garnish, optional

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 1 grams
8. Sodium: 280 milligrams
9. Sugar: 12 grams

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