

Mexican Fish Soup

Yield: 6 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/fish-soup-recipe-jamaican>

Ingredients:

- 2 waxy potatoes medium, peeled and cut into sticks
- salt
- 2 carrots medium, peeled and cut into sticks
- 2 chayotes small, peeled, pitted, and cut into chunks
- 1/4 pound green beans trimmed
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic crushed and peeled
- 2 jalapeño chiles seeded and minced
- 1 white onion medium, peeled and chopped
- 1 tomato large, diced
- ground black pepper Freshly
- fish
- 2 pounds sea bass
- 1 foot steaks '-thick, head and tail reserved
- 1/2 cup cilantro leaves finely chopped fresh
- 2 bay leaves
- 3 limes halved

Nutrition:

1. Calories: 300 calories
2. Carbohydrate: 22 grams
3. Cholesterol: 75 milligrams
4. Fat: 9 grams
5. Fiber: 5 grams
6. Protein: 34 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 270 milligrams
9. Sugar: 5 grams

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