

Portuguese Salt Cod Stew (Bacalhoda)

Yield: 7 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-portuguese-codfish-and-potatoes>

Ingredients:

- 1 pound cod fillets salt, preferably skinless and boneless
- 1 cup extra virgin olive oil good quality
- milk optional
- 2 Vidalia onions large yellow or sweet, sliced
- 2 pounds waxy potatoes Yukon gold work great, peeled
- 4 eggs hard boiled and sliced
- 40 pitted black olives I used Kalamata olives, can also use green olives
- ground black pepper
- kosher salt

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 24 grams
3. Cholesterol: 150 milligrams
4. Fat: 34 grams
5. Fiber: 3 grams
6. Protein: 18 grams
7. SaturatedFat: 5 grams
8. Sodium: 200 milligrams
9. Sugar: 3 grams

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