

# Italian White Fish Stew

Yield: 4 min  
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/tilapia-recipe-with-italian-salad-dressing>

## Ingredients:

- 1 sweet onion white, chopped
- 2 stalks celery finely chopped
- 2 large garlic cloves minced
- 10 ounces mushrooms I used baby bellas
- 1 red pepper diced
- 1 green pepper diced
- 1 pound potatoes small multi-colored, or baby red potatoes, cut into small chunks
- 16 ounces diced tomatoes undrained
- 8 ounces clam juice
- 16 ounces tomato paste
- 8 ounces tomato sauce
- 16 ounces vegetable broth
- 1/2 cup white cooking wine
- 1 tablespoon red wine vinegar
- 2 tablespoons extra-virgin olive oil
- 2 1/2 teaspoons italian seasoning dried
- 1 teaspoon Mrs Dash Table Blend
- 1/2 teaspoon crushed red pepper flakes
- 1/2 cup fresh parsley chopped
- salt
- pepper
- 2 packages tilapia of Bumble Bee SuperFresh® , with Olive Oil & Garlic, 4 fillets in total

## Nutrition:

1. Calories: 640 calories
2. Carbohydrate: 108 grams
3. Cholesterol: 10 milligrams
4. Fat: 17 grams
5. Fiber: 14 grams

6. Protein: 23 grams
  7. SaturatedFat: 3.5 grams
  8. Sodium: 2600 milligrams
  9. Sugar: 41 grams
- 

Thank you for visiting our website. Hope you enjoy Italian White Fish Stew above. You can see more 16 tilapia recipe with italian salad dressing Cook up something special! to get more great cooking ideas.