

Turkish Fish Stew

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/turkish-fish-recipe-bakedd>

Ingredients:

- 3 cups water
- 1 1/2 cups couscous
- 2 tablespoons olive oil
- 1 white onion small, chopped
- 1 green bell pepper chopped
- 2 cloves garlic minced
- 1 cup marinated artichoke hearts liquid reserved
- 2 teaspoons capers liquid reserved
- 12 green olives small
- 14 1/2 ounces stewed tomatoes chopped, drained
- 2 tablespoons white wine optional
- 1 tablespoon lemon juice
- 1 cup water
- 2 teaspoons sumac powder
- 1 1/2 teaspoons crushed red pepper flakes
- 1 teaspoon dried basil
- 1 teaspoon cumin
- 1 teaspoon fresh ginger root minced
- ground black pepper to taste
- 1 pound tilapia fillets cut into chunks

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 67 grams
3. Cholesterol: 55 milligrams
4. Fat: 11 grams
5. Fiber: 10 grams
6. Protein: 34 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 500 milligrams

9. Sugar: 7 grams

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