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ZUPPA DI PESCE (Italian Fish Soup)

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4 (about 2 cups each)

- 1/4 cup olive oil
- 1 small onion, chopped
- 1 large yellow (or green) bell pepper, chopped
- 1 Tablespoon minced garlic
- 1 bay leaf, broken in half
- 1/2 teaspoon dried oregano
- 1/4 cup chopped fresh parsley
- 3/4 cup white wine
- 1 can (28 to 32 oz.) whole plum tomatoes
- 2 cans (15 to 16 oz. each) cannellini beans, rinsed and drained
- 1 pound skinless Alaska Halibut, fresh or thawed, cut in 2-inch pieces

Heat olive oil in large heavy stockpot. Stir in onion, pepper, and garlic. Cook and stir over medium heat until onions are softened, about 5 minutes. Stir in bay leaf, oregano and parsley; cook an additional 1 to 2 minutes. Stir in white wine and cook 1 to 2 minutes. Stir in and break up tomatoes. Cook 10 to 15 minutes, adding beans and fish during the last 5 minutes of cooking.

Cook's Tips:

- *If using frozen seafood portions, rinse any ice glaze off under cold water, then add seafood to soup during the last 5 minutes of cooking. Cover the pan tightly and cook 5 minutes. Turn off the heat and let the seafood rest in the soup for 5 minutes. Break seafood into large chunks to serve.*
- *This soup is excellent with Alaska Pollock and Cod, too!*

Nutrients per serving: 538 calories, 17g total fat, 2.5g saturated fat, 28% calories from fat, 82mg cholesterol, 39g protein, 49g carbohydrate, 14g fiber, 961mg sodium, 205mg calcium and 870mg omega-3 fatty acids.