

Fish Soup

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Ingredients

- 1 lb Frozen cod
 - 3 Medium potatoes
 - 2 or 3 Sticks of celery including tops
 - 2 Medium carrots
 - 1 Small onion
 - 1 Small tomato
 - 4 Cups chicken or fish stock
 - 2 Tbsp olive oil
 - 2 Tsp dried [thyme](#)
 - ½ Tsp crushed chili (if you like it spicy)
 - 2 Bay leaves
 - 1 Tsp salt (no salt if using bullion for stock!)
- Chopped parsley for garnish.



Thaw the fish and cut it into bite size pieces.

Chop potatoes, celery, carrots, and tomato. Slice the onion.

In a soup pot, heat olive oil gently, add onion and sauté for a couple of minutes. Add chopped potatoes, celery, and carrots.

Add salt, chili, bay leaves, and thyme. Sauté for a minute and add the chopped tomato. Stir well and cover. Cook for a couple of minutes.

Add the stock and bring to a boil. Cook until the potatoes are done.



Add fish pieces. Bring to a boil. Cook for 10 minutes. Serve hot with crusty bread or rolls. Garnish with chopped parsley.



Variations

Try other types of fish like haddock, sole, or cooked shrimp.



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