



## Rustic Stew

**Yield: 4 servings**

### Ingredients

- 1½ cup diced onion
- 1½ cup diced carrot
- 1½ cup diced celery
- 1 tablespoon minced garlic
- 30 ounces canned, diced tomato
- 4 cups vegetable stock, low sodium
- 2 bay leaves
- 1 tablespoon dried oregano
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ teaspoon red pepper flakes
- 1 pound fish\* (such as cod, white fish), cut into bite sized pieces
- 2 tablespoons chopped fresh basil

### Instructions

1. In a medium saucepan, over medium heat, add onion, carrot, celery and 1 tablespoon of water. Sauté about 4 to 5 minutes, until onions start to soften.
2. Add garlic. Sauté for an additional minute.
3. Stir in the tomatoes, vegetable stock, bay leaves, oregano, salt, black pepper and red pepper. Bring to a simmer and cook for about 20 minutes, until slightly thickened.
4. Add fish\* and cook for about 3 minutes, until fish is cooked.
5. Sprinkle with basil and serve.

\*Note: you could substitute a different protein source for the fish such as chickpeas

### Nutrition Information **Serving Size: 2 cups**

Calories: 207 | Total Fat: 1.1 g | Saturated Fat: 0.2 g | Monounsaturated Fat: 0.1 g | Polyunsaturated Fat: 0.4 g  
Sodium: 515.8 mg | Total Carbohydrate: 27.3 g | Dietary Fiber: 7 g | Sugars: 12.1 g | Protein: 23.6 g

Source: Adapted from Health Meets Food

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