

Fish Stew

Ingredients

6 T Olive Oil	1 Onion
3 clv Garlic (minced)	1 Tomato
2 t Tomato Paste	8 oz Clam Juice
1/2 c White Wine	1/4 lb Shrimp (peeled and deveined)
1/4 lb Clams (cleaned and scrubbed)	1 1/2 lb White Fish (cut into
2-inch pieces)	0 pn Dried Oregano
0 pn Dried Thyme	1/4 t Tabasco Sauce
1/4 t Ground Black Pepper	1 t Salt
2/3 c Parsley (chopped)	

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Instructions

- 1.Heat olive oil in a dutch oven over medium-high heat. Add onion and sautÃ© for 4 minutes, add the garlic and cook a minute more.
- 2.Add parsley and cook, stirring for 2 minutes. Add tomato and tomato paste, and gently cook for 10 minutes.
- 3.Add clam juice, white wine, clams, and shrimp. Bring to a simmer and cook for 2 minutes.
- 4.Add fish and bring to a simmer. Simmer until the fish is cooked through and easily flakes apart, about 3 to 5 minutes. Add salt, pepper, oregano, thyme, Tabasco. Add more salt and pepper to taste. Ladle into bowls and serve.