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| BouillabaisseA quick version of traditional French fish soup.Ingredients:

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| 5-6 filets10 oz10 oz8 oz1/2 bunch8 oz1 TB1 can | Fish or Seafood of your choosing ($6-8)Potatoes-plain shredded ($1.50)Frozen cut onions or seasoning mix ($.60)Shredded or Sliced Carrots (frozen or fresh) ($1.80)Celery ($1.00)Broth ($2.00)SaltFennel SeedsCayenneGarlic FlakesTomato Paste ($1.00) Fish SauceAnchovies ($6.50) |
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Directions:Using a stock pot or an instant pot add some olive oil. You’ll start by sautéing the onions. While they are browning chop your celery, open cans, and open your fish/seafood packaging. Add your celery and garlic if you’d like. Next add your carrots and potatoes. Add the fish sauce, cayenne, and a tsp of fennel seeds. Then you can add the can of anchovies. Add about half of the tomato paste and a whole container or more of broth. Let everything come to a boil for a minute or so. Your vegetables should be a bit soft not soggy. Lastly add your fish and seafood. Let it cook for about 15 minutes and add a bit of lemon juice if desired.  |