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| Bouillabaisse  A quick version of traditional French fish soup. Ingredients:  |  |  | | --- | --- | | 5-6 filets  10 oz  10 oz  8 oz  1/2 bunch  8 oz  1 TB  1 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)  Salt  Fennel Seeds  Cayenne  Garlic Flakes  Tomato Paste ($1.00)  Fish Sauce  Anchovies ($6.50) | |  |  |  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. |