
Simple Fish Chowder

Luke Howlett

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

Servings: 2

1 can (14-1/2 ounce) diced tomatoes

3 stalks celery, chopped

1 teaspoon dried oregano

1 teaspoon dried basil

salt

pepper

1/2 pound frozen fish fillets, cut into chunks

In a pot, bring the tomatoes, celery, oregano and basil to a boil over medium heat. Salt and pepper to taste.

Add the frozen fish fillets.

Reduce the heat and cook 10 to 15 minutes until the fish is opaque and flaky. Thin with a little water if needed.

Soups, Chili, Stew

Per Serving (excluding unknown items): 33 Calories; trace Fat (10.9% calories from fat); 1g Protein; 7g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 61mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fat.