Armandina’s Fish Soup for Four

From the kitchen of Armandina Martinez, San Antonio
Preparation time: 30-40 minutes
Number of servings: 4

Ingredients:
- 2 fillets of catfish or flounder cut into pieces
- 4 cups water
- 1 teaspoon oil
- 1 large tomato cut in cubes
- 1 medium onion, chopped
- 1 large potato, peeled and cut in cubes
- 2 large medium carrots, sliced thin
- ¼ cup tomato sauce
- 1 teaspoon peppercorns
- 1 garlic clove, crushed
- 1 teaspoon oregano
- 1 bay leaf
- 2 sprigs of cilantro, chopped
- Salt to taste (optional)

Preparation:
1. Boil water. Add potato cubes.
2. Brown onion in oil for 2-3 minutes.
3. Add tomato and spices to onion. Pour into water with potato. Add tomato sauce.
4. When potato is almost cooked (tender), add carrots and fish. Cook about 7 minutes longer.
5. Add salt to taste and garnish with cilantro.

Nutrition information per serving:
- FAT: 17% of calories from fat (low)
- FIBER: 5 grams (high)
- CALORIES: 200

TIP
Boiling is a healthy, low-fat way to cook. Eat fish several times a week. It’s low in fat and good for you.