

# 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.*