

# Italian Fish Soup

## Ingredients

1 lb each fresh or frozen haddock and whiting fillets  
10 oz fresh or frozen red snapper fillets  
7 oz fresh or frozen shelled shrimp  
5 cups water  
1 16 oz can tomatoes cut up or crushed tomatoes  
1 cup dry white wine  
1 medium onion chopped  
1 stalk celery, chopped  
1/4 cup snipped parsley  
2 Tbsp tomato paste  
2 cloves minced garlic  
2 bay leaves  
Few drops bottled hot pepper sauce

## Directions

Thaw fish fillets and shrimp, if frozen. Cut fish into 1-inch pieces. Half any large shrimp lengthwise. Set aside. In Dutch oven combine water, tomatoes, wine, onion, carrots, celery, parsley, tomato paste, garlic, bay leaves, hot pepper sauce, two teaspoons salt and dash pepper.

Bring to boiling; reduce heat. Simmer uncovered for 20 to 30 minutes or until vegetables are tender. Add fish pieces and shrimp. Bring mixture just to a boil. Reduce heat; cover and simmer for 5 to 7 minutes or until fish and shrimp are done. Discard bay leaves. Makes 8 main dish servings.

Submitted by: Patricia Ann Manzuk



**It might look like Maine, but it's actually a lobster boil at the Heine family's Bartlett home during the 1970s.**