



Fisherman's Stoup

 Dairy Free

READY IN



95 min.

SERVINGS



8

CALORIES



388 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 anchovy filets
- 6 ounces lager beer
- 28 ounce canned tomatoes diced tomatoes or chunky-style crushed canned
- 4 small ribs celery chopped
- 2 cups chicken stock see
- 1 loaf ciabatta bread for serving
- 1 pound cod cut into chunks
- 0.3 cup olive oil extra-virgin

- 1 bell pepper red cored finely chopped
- 1 pound sea scallops
- 2 small starchy potatoes peeled chopped

Equipment

- food processor
- oven
- dutch oven

Directions

- Watch how to make this recipe.
- Place the red onion, chile pepper, lemon zest, garlic, parsley, thyme, and bay leaves in a food processor and process ingredients into paste.
- For the soup base: In a Dutch oven, heat the extra-virgin olive oil and anchovies over medium-high heat, when the anchovies melt into the oil add the seafood base and stir 3 to 4 minutes then add the celery, potatoes, and red pepper and cover the pot 4 to 5 minutes to sweat them out, stirring occasionally. Deglaze the pot with beer.
- Add tomatoes and chicken stock and bring to a boil, simmer for 20 minutes or until it has reduced by a third, then turn off the heat, cool and store for a make-ahead meal.
- To reheat: Reheat over medium-high heat. Crust up and warm bread in a hot oven. When the stoup comes to a boil, fold or nestle the cod and scallops into the liquid, and return to a bubble, cook for 5 to 6 minutes, until the fish is opaque and cooked through, then turn off the heat.
- Serve immediately with lots of bread for mopping.

Nutrition Facts



PROTEIN 28.34% **FAT 22.99%** **CARBS 48.67%**

Properties

Glycemic Index:38.47, Glycemic Load:28.66, Inflammation Score:-8, Nutrition Score:23.982608650042%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 387.95kcal (19.4%), Fat: 9.87g (15.19%), Saturated Fat: 1.64g (10.26%), Carbohydrates: 47.03g (15.68%), Net Carbohydrates: 42.86g (15.59%), Sugar: 8.78g (9.76%), Cholesterol: 41.59mg (13.86%), Sodium: 793.48mg (34.5%), Alcohol: 0.83g (100%), Alcohol %: 0.24% (100%), Protein: 27.38g (54.76%), Selenium: 43.73µg (62.47%), Phosphorus: 445.16mg (44.52%), Vitamin C: 31.9mg (38.66%), Vitamin B3: 7.32mg (36.59%), Vitamin B1: 0.55mg (36.48%), Vitamin B6: 0.64mg (31.9%), Potassium: 1040.53mg (29.73%), Manganese: 0.57mg (28.48%), Folate: 111.98µg (27.99%), Iron: 4.41mg (24.5%), Vitamin B2: 0.41mg (24.27%), Vitamin B12: 1.34µg (22.3%), Magnesium: 85.13mg (21.28%), Vitamin E: 3.01mg (20.06%), Copper: 0.38mg (18.98%), Fiber: 4.17g (16.68%), Vitamin K: 17.21µg (16.39%), Vitamin A: 796.97IU (15.94%), Zinc: 1.88mg (12.55%), Calcium: 93.9mg (9.39%), Vitamin B5: 0.9mg (9.04%), Vitamin D: 0.51µg (3.4%)