



Spicy Fish Soup

Oscar · 28/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

4

Description

This is a delicious fish soup that's low in fat. Having grown up on the Texas-Mexico border, I like foods spicy, but you can adjust the seasonings to taste. I also add a splash of hot pepper sauce to each bowl.

Ingredients

- - cooking spray - ½ medium onion
- chopped - 1 clove garlic
- minced - 1 tablespoon chili powder - 1 ½ cups chicken broth - 1 (4 ounce) can canned green chile peppers
- chopped - 1 teaspoon ground cumin - 1 ½ cups canned peeled and diced tomatoes - ½ cup chopped green bell pepper - ½ cup medium shrimp
- peeled and deveined - ½ pound cod fillets
- cut into chunks - ¾ cup plain nonfat yogurt

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Spray a large saucepan with cooking spray and heat over medium-high heat. Add onion and sauté
2. stirring often
3. until translucent
4. about 5 minutes. Add garlic and chili powder; sauté until fragrant
5. about 2 minutes. Dotdash Meredith Food Studios Stir in chicken broth
6. chile peppers
7. and cumin; bring to a boil. Reduce the heat to low
8. cover
9. and simmer for 20 minutes. Dotdash Meredith Food Studios Add tomatoes
10. bell pepper
11. shrimp
12. and cod; increase the heat to medium and return to a boil. Reduce the heat to low
13. cover
14. and simmer for 5 more minutes. Dotdash Meredith Food Studios Gradually stir in yogurt until heated through. Dotdash Meredith Food Studios