



FISH & BEAN SOUP

INGREDIENTS

3/4 lb Monkfish, cut into bite sized pieces
3/4 lb shrimp, cut into bite sized pieces
2 calamari bodies, cut into rings
1 c onion, diced
3-4 large garlic cloves, smashed
1/2 c parsley, chopped
2 qts broth (fish or vegetable)
1/4 t red pepper flakes (add more if you like more heat)
1.5 t salt
1/4 c Olive oil

INSTRUCTIONS

1. Cut the onions, garlic and parsley. Add the onions and garlic to a pot with oil, salt and red pepper flakes and cook over a medium low heat, softly sautéing them. Then add the parsley, and cook slowly.
2. Meanwhile, clean and cut the fish into bite sized pieces.
3. Once the aromatics have softened (you don't want caramelization, just a translucent cook through), add the beans and their liquid. Slowly warm through.
4. Add the broth. If you only have 1 quart of broth, you can add quart of water. Just make sure that you taste for seasoning, as water will dilute the base you have cooking. Bring to a boil.
5. Lower heat to a simmer and add all the fish pieces. Cover and cook for 5-6 minutes until the fish is tender. DO NOT cook longer or the fish will get overdone and rubbery.

Serve immediately, garnish with fresh parsley and enjoy.