

Clean Eating

Improving your life one meal at a time.

Quick & Easy Fish Stew

We create a rich, hearty base for our stew with just chicken broth, low-fat milk and a bit of brown-rice flour – you won't believe this 25-minute bowl of heaven is just 5 grams of fat.

By Emily Christopher | Photo:

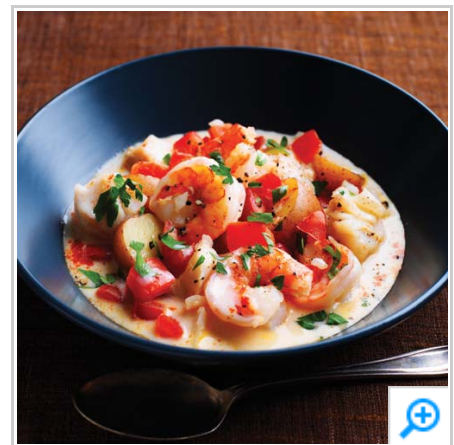
Serves: 6

Hands-on time: 15 minutes

Total time: 25 minutes

CATEGORY:

[Gluten Free](#), [Under 45 Minutes](#)



INGREDIENTS:

- 3 tsp olive oil, divided
- 1 lb shell-on shrimp (24 to 30 shrimp), peeled and deveined, shells reserved
- 2 1/2 cups low-sodium chicken broth
- 2 shallots, minced
- 1 1/2 tbsp brown-rice flour
- Pinch each ground cayenne pepper, sea salt and fresh ground black pepper
- 8 baby red potatoes, scrubbed well and halved
- 1 12-oz boneless, skinless cod fillet, cut into 1-inch pieces
- 1 cup low-fat milk
- 2 plum tomatoes, diced
- 2 tbsp chopped fresh parsley for garnish

INSTRUCTIONS:

1. In a small saucepan, heat 1/2 tsp oil on medium. Add shrimp shells and sauté, stirring occasionally, until pink, about 2 minutes. Add broth and bring to a boil; reduce heat to medium-low and simmer for 5 minutes. Drain over top of a large bowl, reserving broth;

discard shells.

2. In a large sauté pan with a tight-fitting lid, heat remaining 2 1/2 tsp oil on medium-high. Add shallots and sauté, stirring occasionally, until soft and translucent, about 3 minutes. Stir in flour, cayenne, salt and black pepper; cook for 2 minutes. Gradually add reserved broth, whisking constantly. Add potatoes and bring to a boil; reduce heat to a simmer, cover and cook for 4 more minutes. Add cod, cover and simmer for 5 minutes. Add shrimp, cover and simmer until cod is opaque and shrimp is pink, 5 to 6 minutes. Add milk and cook until heated through, about 2 to 3 minutes; add tomatoes. Spoon into serving bowls and garnish with parsley, dividing evenly.

Nutrients per 1-cup serving: Calories: 225, Total Fat: 5 g, Sat. Fat: 1 g, Omega-3s: 510 mg, Omega-6s: 450 mg, Carbs: 14 g, Fiber: 1 g, Sugars: 4 g, Protein: 30 g, Sodium: 216 mg, Cholesterol: 142 mg

NUTRITIONAL BONUS:

Shrimp may be small, but they contain impressive amounts of vitamin D – in fact, a single serving of this stew packs 39% of your daily requirement. The fat-soluble vitamin is key in maintaining good vascular health and promoting strong bones. And, if that weren't enough, the shrimp in this dish provide over 50% of the recipe's protein offering!