



# Seafood Soup

Here's a recipe that will allow you to serve your seafood with a spoon on Friday. This seafood soup from [Taste of Home](#) is packed full of shrimp and salmon, and it also enlists many veggies in the mix. Thanks to the protein from the fish and the fiber from the vegetables, this hearty soup will keep you full all night long, and makes great leftovers.

## Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 1 small green pepper, chopped
- 2 medium carrots, chopped
- 1 garlic clove, minced
- 1 can tomato sauce
- 1 can diced tomatoes, undrained
- ¾ cup white wine or chicken broth
- 1 bay leaf
- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon pepper
- ¾ pound salmon fillets, skinned and cut into ¾-inch cubes
- ½ pound uncooked medium shrimp, peeled and deveined
- 3 tablespoons minced fresh parsley

Directions: In a large saucepan, heat oil over medium heat. Add onion and green pepper; cook and stir until tender. Add carrots and garlic; cook 3 minutes longer. Stir in tomato sauce, tomatoes, wine, and [seasonings](#). Bring to a boil. Reduce heat; simmer, covered, 30 minutes.

Stir in salmon, shrimp, and parsley. Cook, covered, 7-10 minutes longer or until fish flakes easily with a fork and shrimp turn pink. Discard bay leaf.

Read more: <http://www.cheatsheet.com/life/6-different-ways-to-serve-up-your-fish-on-fridays.html/?a=viewall#ixzz3UAjkyL92>