



Quick Seafood Soup with Tomatoes and Herbs

Serves 4-6

Ingredients

¼ cup	Olive oil
1	Large yellow onion, cut in half and thinly sliced
1	Red bell pepper, seeded and coarsely chopped
1 ½ cups	diced celery
1 cup	diced carrots
2	Garlic cloves, diced
2 -14 ½ oz	Cans of diced tomatoes
2 cups	Bottled clam juice
2 teaspoons	Italian seasoning
1 pound	Shrimp (frozen, medium sized)
½- ¾ pound	Sea scallops
1 pound	Cod fish
	Salt and pepper to taste
3 tablespoons	Chopped fresh parsley

Directions

Heat the oil in a large pot, over medium heat and add onions, pepper, celery, carrot and garlic. Cook until onion is soft. Add tomatoes and liquid, clam juice and spices. Bring to a boil, cover and simmer for 10 minutes.

Add the shrimp, scallops and cod. Cover and cook until the fish is cooked through. Season with salt and pepper to taste. Serve in bowls and sprinkle with parsley. Serve with warm heavy bread and butter.

Other notes: This recipe is so flexible that you can use your imagination. Other ideas that I have done:

- Add 12 clams when you add the other fish and boil until the clams open
- Add a cup of half and half to give it a chowder character. The cream cuts the tomato tartness.
- Add 2 cups of diced potatoes to go with the chowder character.
- Add several cups of partially cooked rice if you would like the soup as a thicker stew.