

Fish Cioppino

Recipe makes 1 serving

Each serving = 1 protein, 1 vegetable

NOTE: For the tomato on this dish, chop up a few slices of tomato and then add 2 Tbsp of sugar free natural tomato sauce for a slightly more 'tomatoey' taste.

Ingredients

- 100 grams fish or seafood of choice
- 100 grams chopped tomato
- 2 cup hCG Diet approved chicken broth
- 2-3 cloves minced garlic
- 1 bay leaf
- 1 tsp dehydrated minced onion
- 1 tsp parsley
- 1/4 tsp oregano
- 1/4 tsp basil
- 1/8 tsp rosemary
- 1/8 tsp fennel seeds
- sea salt/pepper to taste
- Tabasco



Directions

1. Combine minced onion, parsley, oregano, basil, rosemary, and fennel seeds in food processor or grinder and grind together.
2. Add seasonings and all other ingredients except for seafood & tabasco in saucepan.
3. Bring to a boil. Reduce heat, cover, and simmer for 30 mins.
4. Add fish and return to boil.
5. Reduce heat, cover, and simmer 5-15 mins.
6. Remove bay leaf.
7. Top with a few dashes of Tabasco just before serving.

