Fish Soup

8 cups of water + 3 cups of water

4 cups of low-sodium vegetable broth

1.5 tsp salt

1 tsp pepper

2 lbs. red potatoes diced

1 cup diced carrots

3 TBL olive oil

1 med-large diced onion

3 stalks of celery

5 cloves of garlic

2 bay leaves

2 TBL Cajun Rustic Rub + 1 TBL (recipe at bottom)

2 TBL parsley

1 TBL thyme

1 lbs. of shrimp

1 lbs. of white fish (I usually use cod)

8 oz of scallops

1. Add 8 cups of water and broth to a large pot, along with salt, 2 TBSP of rustic run and potatoes. Bring to a boil and cook 10 minutes
2. Add carrots and cook 10 minutes.
3. Sauté onions and celery in 1.5 TBL of olive oil. Cook until soft (7-9 minutes). Add to large pot
4. Pan fry fish, shrimp and scallops in 1.5 TBL of olive oil, cut-up into soup-size pieces (some like bigger pieces, some don’t) and add to pot.
5. Add bay leaves, thyme, parsley, 3 cups of water and 1 TBSP of rustic rub to pot. Bring to boil and cook 10 minutes.

(Note: I cook the shrimp first, and reduce the liquid that’s present after cooking to 1 – 2 TBL—then add that to the pot. I also do the same thing with the fish and scallops—which I usually cook together.)

Cajun Rustic Rub: (this is also good for grilling blackened chicken or fish).

8 tablespoons paprika

6 tablespoons garlic powder

6 tablespoons onion powder

4 tablespoons black pepper

3 tablespoons dried oregano

3 tablespoons dried thyme

1 tablespoon salt

1 teaspoon cayenne