



## Simple Fish Soup from Canouan Island

### Ingredients:

1 diced fish filet (something mild)  
1 tsp diced onion  
1 tsp diced garlic  
1/4 c. diced carrot  
1 potato diced  
1/4 c. diced zucchini  
2 Tb. shredded basil  
2 C. fish or veg stock  
salt and pepper to taste

### Directions:

saute onion and garlic in olive oil until soft  
add fish stock and firm veggies  
cook 10-15 minutes until carrots and potatoes can be pierced with a fork  
add additional veggies and cook 10 more minutes  
toss in basil and diced fish  
cook another 10 minutes at active simmer until fish is done  
taste for seasoning