

Mediterranean Fish Soup

A flavorful and hearty fish soup inspired by Mediterranean cuisine.



Soup

Mediterranean

30 min

Total time

Easy

Difficulty

250

kcal / serving

Ingredients

- 1 fish fillet (such as cod or haddock)
- 1 onion, diced
- 2 garlic cloves, minced
- 1 can diced tomatoes
- 4 cups fish or vegetable broth
- 1/2 cup white wine
- 1/2 tsp paprika
- 1/2 tsp dried thyme
- Salt and pepper to taste
- 2 tbsp olive oil

Steps

- 1 In a large pot, heat olive oil over medium heat.
- 2 Add diced onion and minced garlic, sauté until softened.
- 3 Pour in white wine, let it simmer for a few minutes.
- 4 Add diced tomatoes, fish broth, paprika, thyme, salt, and pepper. Bring to a boil.
- 5 Reduce heat, add fish fillet, and simmer until fish is cooked through.
- 6 Serve hot and enjoy!