Muqueca (Brazilian Fish Stew)

Serves 8

INGREDIENTS
+ 1 1/2 lbs white fish
+ 3 large onions
+ 4 bell peppers (green, red, and yellow)
+ 3 large tomatoes
+ 2 large cloves garlic
+ 1 tbsp ginger
+ 1 lemon
+ 1 bunch cilantro, chopped
+ 14oz can crushed tomatoes
+ 1 tbsp tomato paste
+ 14oz can lite coconut milk
+ 1 tbsp olive oil
+ 1 tbsp extra virgin olive oil
+ salt and pepper to taste
+ Pensey’s Sunny Spain Seasoning

DIRECTIONS
1. Slice onions, pepper, and tomatoes in rings.
2. Smash and chop garlic.
3. Chop cilantro.
4. Cut fish into chunks (approx. 2”).
5. Season fish with salt, pepper, and Sunny Spain Seasoning, garlic, and lemon juice.
6. In a large stove top pot (12” base), coat bottom with regular olive oil and add ginger.
7. Add one layer of onions, peppers, tomatoes season with salt pepper and sunny Spain Seasoning.
8. Add 1/3 of fish and sprinkle with generous amount of cilantro.
9. Follow with a second and third layer in the same order.
10. Add can crushed tomatoes, tomato paste, hot sauce, and extra virgin olive oil.
11. Simmer on medium heat for about 17 minutes covered.
12. Add coconut milk and continue cooking for another 5 minutes or so, taste and adjust seasoning if needed.
13. Serve with rice or crusty bread or without for less calories.