

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.