

# WHITE FISH SOUP

## Ingredients

3 tablespoons olive oil  
1 chopped onion  
2 smashed garlic cloves  
8 cups stock (chicken, fish or vegetable)  
Pureed canned tomatoes to taste (19-28 fl oz)  
Thin lemon slices  
Sliced green pimento-stuffed olives (approx.  
1/2 container or more to taste)  
White fish (cod, halibut, etc) cut into 1/2 inch  
cubes (as much as you like!)  
1 tsp salt  
1 tsp pepper

## Directions

Saute onions and garlic in olive oil until transparent.  
Season with salt, pepper and oregano.

Add stock and bring to a boil.

Reduce heat and add tomatoes, thin lemon slices,  
olives and white fish.

Serve as soon as fish is cooked: approx. 5 min.

ENJOY!

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**I FIRST** made this soup when I lived in Sointula, a small fishing village off the northern tip of Vancouver Island. We did not always have access to a variety of foods. Fish, however, was always available. Fishermen there mostly caught salmon but would on occasion bring in some fine white fish such as halibut, cod or snapper. This recipe was given to me by a friend, Stephanie Eakles, who, as I did, fished and planted trees. She grew up in California and had a fresh, easy approach to

food and she served this to me along with an orange and red onion salad. I have been making this soup ever since, not always exactly as the recipe says, sometimes I add white wine to the stock and vary the quantities according to what is available.

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