RECIPE

Fish Stew with Tomato and White Beans

A one-pot dinner of cod simmered in a smoky tomato broth with cannellini beans and spinach, finished with lemon and parsley.

MAKES

4 servings US Metric

TOTAL

50 min

Ingredients

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion (about 5 oz), chopped
- [ ] 2 stalks celery, chopped
- [ ] 3 cloves garlic, thinly sliced
- [ ] 1 tsp smoked paprika
- [ ] ¼ tsp red pepper flakes
- [ ] 1 can (28 oz) no-salt-added diced tomatoes, with their juice
- [ ] 2 cups water
- [ ] 1 bay leaf
- [ ] 1 can (15 oz) no-salt-added cannellini beans, drained and rinsed
- [ ] ½ tsp salt, divided
- [ ] ¼ tsp black pepper
- [ ] 1 lb skinless cod or other lean white fish, cut in 1½-inch pieces
- [ ] 4 cups baby spinach

Method

1. Warm the oil in a large pot or Dutch oven on medium. Add the onion and celery with a pinch of the salt and cook, stirring, about 8 minutes, until soft.

2. Stir in the garlic, paprika and pepper flakes for 30 seconds, until you can smell them.

3. Add the tomatoes with their juice, the water, the bay leaf, the beans and half the remaining salt. Bring to a boil, then turn the heat down so it just bubbles. Simmer, partly covered, 15 minutes, until the broth tastes of tomato and has thickened a little.

4. Season the fish with the rest of the salt and the pepper. Lay the pieces in the stew in one layer and press them just under. Cover and simmer gently 6 to 8 minutes, without stirring, until the fish is opaque all the way through and flakes with a fork. A food thermometer in the thickest piece reads 145 °F.

- [ ] 2 tbsp chopped fresh parsley
- [ ] 1 tbsp lemon juice

5. Take the pot off the heat and lift out the bay leaf. Fold in the spinach gently, so the fish stays in pieces, until it wilts. Stir in the parsley and lemon juice and taste.

6. Cool leftovers within 2 hours, then refrigerate, covered, up to 3 days. Reheat gently to 165 °F, bringing the broth to a boil.