

## Fish Stew



Serves 4

### Ingredients:

- 1½ instant vegetable bouillon
- 1½ cups water
- 1 tsp chopped garlic
- 1 tbsp Ketchup
- 1 onion, sliced
- 1 cup sliced carrots
- 1 cup green beans
- 500 g fish fillets
- ½ tsp dried basil

### Procedure:

- In a microwave safe dish, combine bouillon, water, garlic and ketchup.
- Add vegetables and top with fish and basil.
- Cover with plastic wrap (vent one corner).
- Heat the soup in the microwave for 10 minutes on high.
- Fish is done when it flakes easily.

### Per serving:

- Calories: 170
- Protein: 21 gm
- Carbohydrates: 17 gm
- Fat: 2 gm

This quick dish combines vegetables with fish and served with French bread may complete the meal.