

Fish in Vegetable Stock

Recipe by Healthy Living Program

Ingredients



- 1 carrot (1/4 cup), thinly chopped
- 1 stalk celery (1/4 cup), thinly chopped
- 1 onion (1/4 cup), thinly chopped
- 1/2 cup stock (1 bouillon cube)
- 3 - 5 lb fish

Directions

1. Steam carrots, celery, and onions until tender.
2. Put the vegetables in a baking dish and place the fish on top of the vegetables.
3. Pour in stock to half cover the fish.
4. Cover dish and cook slowly in oven at 350F.
5. Serve by pouring vegetable sauce over fillets.