

Seafood Taco Soup

1 lb. cod
3 cups water
1 cup salsa
1 15-oz. can low-sodium black beans, drained
1 cup frozen corn kernels
1 teaspoon ground cumin
1/4 cup cilantro, chopped

Suggested Toppings

Nonfat sour cream
Crushed tortilla chips
Shredded mozzarella cheese

1. Cut fish into 1-inch boneless cubes.
2. Mix all soup ingredients together and heat just to boiling. Simmer 5 minutes.
3. Serve with suggested toppings as desired.

Makes 6 servings.

Per serving: 175 calories, 2 gm total fat, 1 gm saturated fat, 40 mg cholesterol, 482 mg sodium.

Source: *Seafood Twice a Week* by Evie Hansen & Cindy Snyder

Comments: The first time I made this soup was in 2004 when we were anchored in Cullen Harbor, near Queen Charlotte Strait in British Columbia's Broughton Archipelago. Cullen Harbor is a memorable anchorage for us because we anchored there on our first sailing trip to the Broughtons in 1980, and this was the first time we had been back. I was looking for a soup recipe to use up the rest of the ling cod and crab we had recently caught, so I included both ling cod and crab in the soup and felt that the crab added some nice texture and flavor. I only had Monterey Jack cheese, so I used that instead of the suggested mozzarella. This soup is easy to prepare and quick to cook. It has a wonderfully spicy (but not too hot) taste, and helped to make our evening in Cullen Harbor another memorable stay. I had baked chocolate chip cookies earlier in the day, which we had for dessert...chocolate after the spicy soup was the perfect ending.