



Fish Broth



Serving
10-12



Prep
20 Minutes



Cook
30 Minutes



Contributer
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- 6 fillets Fish (any preferred fish firm in texture e.g., salmon)
- 1 cup Whole grain macaroni shells
- 2 Sweet potatoes, diced
- 3 Carrots, sliced
- 1 cup Pumpkin, diced
- 3 Green (unripened) bananas, chopped
- 3 Pimento peppers
- 2 Onions, chopped
- 3 tsp Garlic, minced
- 3 Limes
- 3 tbsp Olive oil
- 2 tbsp All-purpose seasoning blend (garlic powder, onion powder, parsley, paprika)
- 2 tsp Black pepper
- To taste Salt

1. Wash the fish with the juice of 1 lime. Season with black pepper, 2 tsp garlic, and salt to taste.
 2. Add olive oil to a large pot on medium-low heat. When hot, sauté onions, 1 tsp garlic and pimentos.
 3. Add potatoes, carrots, pumpkin, green bananas, and seasoning. Cook for 5 minutes, stirring often. Add enough water to cover ingredients. Lower heat and allow vegetables to soften.
 4. When tender, add macaroni and fish slices. Add salt and pepper as desired.
 5. Boil until macaroni is cooked and fish is tender, making sure slices remain whole. Add the juice of 2 limes. Add more water if needed.
- Serve hot.

DIETITIAN'S MESSAGE

This popular Caribbean soup provides a good source of healthy fats and protein from the fish and a variety of vitamins and minerals from the various vegetables. Try making this in the winter to help warm you up!



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

CCNA
Canadian Consortium
on Neurodegeneration
in Aging



CCNV
Consortium canadien en
neurodégénérescence
associée au vieillissement