



# Tomato Broth Soup with Fish and Dill

*This soup is very easy and quick to make. It is savory and tangy – a perfect refreshing soup for the summer.*



## Serving

4, 1 ½ cup-servings



## Prep

10 Minutes



## Cook

15 Minutes



## Contributer

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- 2 Basa fillets\* frozen or fresh, cut into 2-inch pieces
- 3 Medium tomatoes, cut into wedges
- 1/3 cup Dill, chopped
- 2 Garlic cloves, minced
- 4 cups Low sodium vegetable or chicken broth (1L)
- 1 tsp Sugar
- 1 tbsp Olive oil

1. In a pot, heat up vegetable cooking oil on medium heat. Add minced garlic and sauté until golden, about 1 minute.
2. Add tomato wedges into the pot and sauté with sugar for 4-5 minutes until softened. Add 4 cups of broth and bring to a boil.
3. Once the broth is boiled, add in the fish fillets and cover the pot with a lid for 6-8 minutes until the fish is cooked and flaky.
4. Add the chopped dill, turn off the heat and cover with a lid for another minute. Serve hot with rice.

*\*You can use any type of white fish fillet.*



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.

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