



## SAFFRON FISH STEW WITH WHITE BREANS

Intermediate Lifestyle

### Ingredients

1 TBS extra-virgin olive oil  
1 cup pre-chopped onion  
1 TSP ground fennel  
1/2 TSP ground coriander  
2 garlic cloves, crushed  
1 thyme sprig  
1/2 TSP grated fresh orange rind  
1/4 TSP saffron threads, crushed  
1 1/2 cups water  
1 1/2 cups clam juice  
1 (14.5-ounce) can diced tomatoes, undrained  
1/8 TSP salt  
1 pound flounder fillet, cut into (2-inch) pieces  
1 (14-ounce) can great Northern beans, rinsed and drained  
Fresh thyme leaves

### Instructions

1. Heat oil in a large Dutch oven over medium-high heat. Add onion, fennel, coriander, garlic, and thyme sprig; sauté 5 minutes.
2. Stir in rind and saffron; add water, clam juice, and tomatoes. Bring to a boil; reduce heat, and simmer for 5 minutes.
3. Stir in salt, fish, and beans; cook 5 minutes. Top with thyme leaves.

**Portion-Per-Serving Information** (Yields 4 servings): 1 serving = 2 cups = 1 P