



What does Denise from Mama Ray's Kitchen love to cook on cooler evenings?

A warm, flavorful bowl of Wild Caught Fish in Tomato Broth — made with fresh, wild-caught cod from Sierra Gold Seafood!! It's simple, cozy, and *perfect for fall weather*.

Wild Caught Fish in Tomato Broth

Ingredients:

- 1 lb wild-caught cod
- 1 tbsp olive oil
- 3 cloves garlic, diced
- ½ onion, diced
- 2 zucchini, diced
- 1 (28 oz) can crushed tomatoes
- 1 cup broth (chicken, vegetable, or seafood)
- 1 tbsp Mama Ray's Seafood Blend – ***Sold at Sierra Gold Seafood!***
- Salt & pepper to taste
- Fresh basil for garnish
- Crusty sourdough bread (optional, but highly recommended!)

Instructions:

- In a large saucepan, heat olive oil over medium heat.
- Add garlic, onion, and zucchini. Sauté for about 5 minutes until softened.
- Stir in crushed tomatoes, broth, and Mama Ray's Seafood Blend. Gently cook for 10 minutes.
- Season the fish with salt and pepper. Nestle the fillets into the simmering broth.
- Cover, reduce heat to low, and cook for about 10 minutes, or until the fish flakes easily with a fork.
- Garnish with fresh basil and serve with a slice of sourdough bread to soak up that delicious broth!