**Cioppino**

**Produce**

garlic(if needed)

1 medium yellow onion

1 green bell pepper

1 red bell pepper

celery (if needed)

1 bulb fennel

1 medium carrot

**Canned/Dried Foods**

one 29 oz. can chopped tomatoes

one 6 oz. can chopped clams

one 24 oz. box low-sodium vegetable broth

Asian garlic pepper sauce(if needed)

bay leaf (if needed)

1 gram Spanish saffron

dry basil leaves (if needed)

dry oregano leaves (if needed)

white wine to cook with

**Frozen Foods**

**Meat/Fish/Poultry**

6 oz. cod fillet *(if needed)*  
  
5 oz. small cooked shrimp

2 fresh mussels

**Chilled Foods/Dairy**

leftover cooked cod(in fridge at home)  
or  
6 oz. fresh cod to cook for this meal

**Additional Items**

1 loaf of your favorite hearty bread or artisan roll