



# Riveting Salmon Cioppino

From: Jeff Spurgess  
Serves: 20+

Prep Time: 30 min  
Cook Time: 1.5 hours

## Instructions

- 1) In a huge pot, put broth, lentils, tomatoes, diced onion, shredded brussels sprouts...cook until lentils are soft (30 min).
- 2) While the lentils are cooking, chop carrots, parsnips & potatoes, and stage them in a large bowl.
- 3) Add the staged items, along with the tomato paste, blueberries, salmon (put in whole pieces, it will cook and break down), honey, old bay seasoning, salt, & pepper. Let simmer for at least an hour – until potatoes and carrots are soft. Add water if it's too thick.

## Notes

I topped this with shredded smoked salmon, pistachios and pumpkin seeds, then added a slice of cherry walnut sour dough bread—perfect!

## Ingredients

- Vegetable Broth/stock – 2 boxes
- Lentils – 1 bags
- Onion – 1 large
- Tomatoes – 3 large can petite diced
- Tomato Paste—1 can
- Carrots – 1 lbs
- Parsnips—1 lb
- Baby red and white potatoes – 3 lbs
- Brussels Sprouts—one bag thinly sliced
- Blueberries—2 pints
- Salmon tails—5 large tails (2-3 lbs)
- Honey – 1/4 cup
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Old Bay Seasoning—1/3 cup

## Toppers/Sides

- Smoked Salmon—shredded
- Pistachios
- Pumkin Seeds
- Cherry/walnut Sour Dough Bread

