

# Potage Garbanzos Bacalao

## Spanish Cod and Vegetable Stew

A recipe from "[Cookbook in a Day](#)" 2022, by "WingNWing"

### Ingredients

2 tbsp	olive oil
4-5 cloves	garlic, <i>peeled and halved</i>
1 small	onion, <i>coarsely chopped</i>
½	red bell pepper, <i>coarsely chopped</i>
½	green bell pepper, <i>coarsely chopped</i>
1 small	tomato
½ tsp	smoked paprika
½ tsp	cumin
700 ml	chicken or vegetable broth
4 small	red potatoes, <i>cut in chunks</i>
2	carrots, cut in thick disks
1 small	zucchini, <i>cut in bite size pieces</i>
14 oz can	garbanzo beans
225 ml	green peas (½ a 14-oz can)
550 gm	frozen cod loins, <i>cut in large bite size pieces</i>
1 tbsp	sherry vinegar
	salt and pepper

Heat the olive oil in a large soup pot and fry the garlic for a few minutes, then add the onion, bell peppers, and tomato, gently fry for a few minutes more until onion is translucent. Add the paprika, cumin, and sauté another minute. Carefully add the broth and cook until tender. Purée (an immersion blender is great for this.)

Bring the soup to a boil, add the carrots and potatoes and cook for 20 minutes. Add the zucchini and garbanzos and cook 10 minutes more. Turn off the heat, add the cod and peas and allow to steep until the fish is cooked through, another 10 minutes or so. Season to taste with salt, pepper, and a splash of sherry vinegar.

N.B. This is more an outline than a recipe. Cooking times will need to be adjusted depending on the size of your vegetable pieces.

Serves 6 – 8.