

Recipe – Bugulama

Ingredients:

- 2 pounds of tilapia or other firm fish
- 1 pound of bay scallops or shrimp
- olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 3 colorful bell peppers, diced large
- 1 large can crushed tomatoes
- 1 quart vegetable broth or fish stock
- 2 bags of spinach, cleaned
- ½ bunch dill, minced
- dash of hot sauce
- salt and pepper
- Optional: parsley, lemon juice, hot sauce

Directions:

Clean the fishes and cut the tilapia into large chunks.

Coat the bottom of the soup pot with oil.

Sautee onion and garlic until golden.

Add peppers and cook another few minutes, stirring occasionally.

Add tomatoes and broth and simmer until peppers are done, maybe 10 minutes.

Just before serving. put the fish into the stew and leave the spinach on top. Cover and steam until spinach is wilted. Stir the spinach and hot sauce into the stew and serve with optional herbs, lemon and more hot sauce.

Serves 10.