

## Hank's Story – She'll Never Vote For Me

The woman who hosts my meeting clearly named her son after a former president I cannot stand. Anywhere else, I would have had nothing to do with her. But can this gal cook!

It's a rare occasion that I put politics aside. I'm an elected official in my town and a vocal party man. I love arguing, talking policy, and making disparaging remarks about people who don't share my views. It seemed an unmanageable restriction to have to leave politics at the door of Suppers.

But it was her house. And you should taste her fish stew. Talk about a conversion moment, tasting her stew was mine. Sometimes it's hard to stay focused on the diagnosis that brought me here when I have a head full of headlines. So I just sit back and listen to the opening, reminding myself that everybody I think is a jerk will still be in office after supper.

To this day, we've never had a conversation about politics. It just doesn't fit in with the culture of tolerance at Suppers. It's probably bad for your digestion anyway. I am really motivated to be on my best behavior because I have so much to learn about managing my blood sugar. Even though she'll never vote for me outside this kitchen, I know I have her full support at Suppers.

## Molly's Leek and Fish Stew

### Ingredients:

- 6 leeks, cut in half lengthwise and washed well
- 3 red or yellow peppers or a combination, sliced thin
- olive oil
- 28 oz can organic crushed tomatoes
- water and vegetarian broth base or 4 bottles clam broth
- 2 pounds tilapia or other firm fish, cut in large chunks
- 2 dozen shrimp, cleaned and shelled
- 1 bag spinach, washed and chopped
- Optional: 1 block of firm tofu
- Optional: hot sauce, lime wedges, cilantro
- Optional: one can coconut milk (not lite)

### Directions:

Finely chop the leeks on a diagonal.

Heat the soup pot and put in enough olive oil to coat the bottom.

Sauté the leeks and peppers.

Add the crushed tomatoes.

Add two cans of water and four heaping teaspoons of broth base OR 4 bottles of clam broth and 4 cups of water. If you are using coconut milk, add it now.

Simmer until vegetables are nearly soft, about 10 minutes. You may want to add water.

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Add the fish for the last five minutes of cooking and the shrimp and tofu for the last two.

Add the spinach and just wilt it.

Garnish with lime wedge and cilantro when serving.

Have hot sauce available.

Serves 8 – 12.