

## **Quick and Easy Cioppino**

16 oz Oregon fish fillet (ling cod, rock fish or sole), cut into 1/2 " pieces  
\* feel free to add 8 oz. of your favorite crustacean (clams, crab, shrimp, etc)  
1/4 cup olive oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 can (1 lb 12 oz) crushed tomatoes  
1 can (15 oz) tomato sauce  
1 pkg dry spaghetti mix  
2 cups water  
1 cup white wine  
salt and pepper to taste

-Sauté onion and garlic in olive oil until tender.

-Add everything else, except the wine.

-Cover, bring to boil and then simmer for 30 minutes.

-Turn off heat, add wine and serve.

Serve with hot French bread for a hardy meal!