**Seafood Soup**

Ingredients  
1 tablespoon olive oil  
1 small onion, chopped  
1 small green pepper, chopped  
2 medium carrots, chopped  
1 garlic clove, minced  
1 can (15 ounces) tomato sauce  
1 can (14-1/2 ounces) diced tomatoes, undrained  
3/4 cup white wine or chicken broth  
1 bay leaf  
1/2 teaspoon dried oregano  
1/4 teaspoon dried basil  
1/4 teaspoon pepper  
3/4 pound salmon fillets, skinned and cut into 3/4-inch cubes  
1/2 pound uncooked medium shrimp, peeled and deveined  
3 tablespoons minced fresh parsley  
Nutritional Facts  
1 cup equals 212 calories, 9 g fat (2 g saturated fat), 87 mg cholesterol, 620 mg sodium, 13 g carbohydrate, 3 g fiber, 19 g protein. Diabetic Exchanges: 3 lean meat, 2 vegetable.  
  
Directions  
1.In a large saucepan, heat oil over medium heat. Add onion and green pepper; cook and stir until tender. Add carrots and garlic; cook 3 minutes longer. Stir in tomato sauce, tomatoes, wine and seasonings. Bring to a boil. Reduce heat; simmer, covered, 30 minutes.  
2. Stir in salmon, shrimp and parsley. Cook, covered, 7-10 minutes longer or until fish flakes easily with a fork and shrimp turn pink. Discard bay leaf.Yield: 6 servings.  
  
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