

# Bass Soup

Mrs. Charles W. Wilson III

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

1 medium onion, sliced thinly  
1 bunch green onions, chopped  
2 stalks celery with tops, chopped  
1/2 cup butter  
2 to 3 tablespoons oil  
flour (enough to make a paste)  
4 cups fish stock (boil the fish bones  
for one hour to get the stock)  
4 pounds bass, filleted and skinned  
salt (to taste)  
pepper (to taste)  
garlic salt (to taste)

In a saucepan, saute' the onions and celery in butter until soft.

In another pot, make a light roux with the oil and flour. Keep stirring until the flour is golden brown. To the roux, add the fish stock. Stir until thoroughly blended. Let simmer.

Add the vegetable mixture. Let simmer about 30 minutes, covered.

Cut the bass into bite-size pieces. Season with salt, pepper and garlic salt, generously. Add the fish to the mixture and cook 5 to 10 minutes until the bass is done. (The soup is better on the second day, warmed over briefly.

*As an option, you may add a small amount of white wine just before serving.*

*To use as a main meal dish, serve over rice.*

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Per Serving (excluding unknown items): 6784 Calories; 595g Fat (79.0% calories from fat); 345g Protein; 11g Carbohydrate; 2g Dietary Fiber; 1483mg Cholesterol; 2214mg Sodium. Exchanges: 47 Lean Meat; 2 Vegetable; 105 1/2 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	6784	Vitamin B6 (mg):	2.3mg
% Calories from Fat:	79.0%	Vitamin B12 (mcg):	36.5mcg
% Calories from Carbohydrates:	0.6%	Thiamin B1 (mg):	1.3mg
% Calories from Protein:	20.4%	Riboflavin B2 (mg):	1.3mg
Total Fat (g):	595g	Folacin (mcg):	306mcg
Saturated Fat (g):	122g	Niacin (mg):	23mg
Monounsaturated Fat (g):	310g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	115g	Alcohol (kcal):	0
			0.0%

<b>Cholesterol (mg):</b>	1483mg
<b>Carbohydrate (g):</b>	11g
<b>Dietary Fiber (g):</b>	2g
<b>Protein (g):</b>	345g
<b>Sodium (mg):</b>	2214mg
<b>Potassium (mg):</b>	6709mg
<b>Calcium (mg):</b>	1513mg
<b>Iron (mg):</b>	28mg
<b>Zinc (mg):</b>	12mg
<b>Vitamin C (mg):</b>	46mg
<b>Vitamin A (i.u.):</b>	5342IU
<b>Vitamin A (r.e.):</b>	1409RE

% Daily Value\*

## Food Exchanges

<b>Grain (Starch):</b>	0
<b>Lean Meat:</b>	47
<b>Vegetable:</b>	2
<b>Fruit:</b>	0
<b>Non-Fat Milk:</b>	0
<b>Fat:</b>	105 1/2
<b>Other Carbohydrates:</b>	0

## Nutrition Facts

### Amount Per Serving

**Calories** 6784      **Calories from Fat:** 5360

### % Daily Values\*

<b>Total Fat</b>	595g	915%
Saturated Fat	122g	609%
<b>Cholesterol</b>	1483mg	494%
<b>Sodium</b>	2214mg	92%
<b>Total Carbohydrates</b>	11g	4%
Dietary Fiber	2g	9%
<b>Protein</b>	345g	
<b>Vitamin A</b>		107%
<b>Vitamin C</b>		77%
<b>Calcium</b>		151%
<b>Iron</b>		153%

\* Percent Daily Values are based on a 2000 calorie diet.