



Catfish Stew

Catfish stew and whole wheat rolls combine for a tasty and filling meal.



INGREDIENTS

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| 3 cups water | 4 cloves garlic, finely chopped |
| 1 teaspoon salt | ½ small head cabbage, chopped |
| 2 medium white potatoes,
peeled and cut into cubes | 1 pound catfish, cut into 1-inch
chunks |
| 1 (14½-ounce) can diced
tomatoes | 1 tablespoon Soulful Seasoning
(see recipe on page 34) |
| 1 cup chopped onion | |

PREPARATION

1. In a large pot, bring water, salt, potatoes, tomatoes, onion, and garlic to a boil over medium-high heat. Reduce heat and simmer for 10 minutes.
2. Add cabbage and bring back to a boil. Reduce and simmer for 5 minutes.
3. Add catfish and Soulful Seasoning. Simmer until the catfish is cooked through, about 5 minutes more. Serve while hot.



Makes 6 servings. *1½ cups per serving.*

Prep time: 10 minutes **Cook time:** 20 minutes

Nutrition information per serving: Calories 198, Carbohydrate 21 g,
Dietary Fiber 4 g, Protein 18 g, Total Fat 5 g, Saturated Fat 1 g,
Trans Fat 0 g, Cholesterol 57 mg, Sodium 541 mg