

Try it “Tuesdays”



Catfish Stew

Makes: 6 servings, 1 1/2 cups per serving

Preparation Time: 10 Minutes

Cooking Time: 20 minutes

Ingredients

3 cups water
1 teaspoon salt
2 medium white potatoes, peeled and cut into cubes
1 (14 1/2-ounce) can diced tomatoes
1 cup chopped onion
4 cloves garlic, finely chopped
1/2 small head cabbage, chopped
1 pound catfish, cut into 1-inch chunks
1 tablespoon Soulful Seasoning

Directions

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. Add cabbage and bring back to a boil. Reduce and simmer for 5 minutes. Add catfish and Soulful Seasoning. Simmer until the catfish is cooked through, about 5 minutes more. Serve while hot.

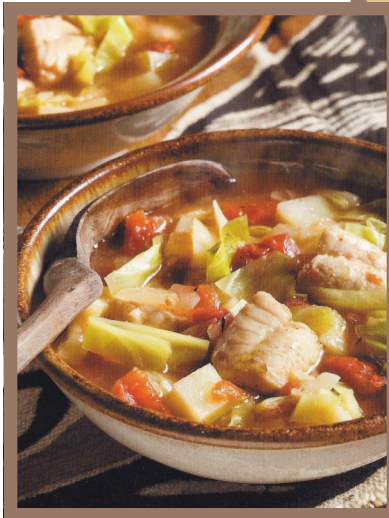
Soulful Seasoning

Ingredients

3 tablespoons onion powder
4 tablespoons garlic powder
1 tablespoon ground red pepper
1 tablespoon chili powder
1 tablespoon paprika
1 teaspoon ground black pepper
2 teaspoon ground thyme

Preparation

Mix all ingredients together to make 3/4 cup seasoning. Store in an airtight container and use in place of seasoning salts.



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

For more information, Contact your local EFNEP office

The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/anrstaff/files/107734.doc>)