



# 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,<br>peeled and cut into cubes | 1 pound catfish, cut into 1-inch<br>chunks                |
| 1 (14½-ounce) can diced<br>tomatoes                   | 1 tablespoon Soulful Seasoning<br>(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