



Cajun Fish Stew

Ingredients

1 lb fish fillets
1/2 cup onion, chopped
1/2 cup green pepper, chopped
1 celery rib, chopped
1 clove garlic, minced
1 large tomato, chopped
2 TB oil
1/2 tsp red pepper flakes, or to taste
2 tsp Creole or Cajun seasoning, or to taste
Salt and pepper to taste
Parsley, chopped
White or brown rice

Directions

Cook rice according to package directions.

In a large pan, sauté onion, green pepper, celery, and garlic in the oil over medium-high heat until almost tender. Add tomatoes, and continue cooking for a minute or two. Season vegetables with red pepper flakes, Cajun or Creole seasoning, and salt and pepper.

Top with fish fillets and cover pan. Reduce the heat to medium and simmer for 5-6 minutes. Break fish up into chunks and stir into vegetables. Continue cooking until fish flakes easily with a fork.

Remove from heat and stir in parsley. Serve over rice.