



## Quick Caribbean Fish & Shrimp Stew

### Ingredients

1 lb fish chunks  
2 TB olive oil  
1 TB lime juice  
1 cup chopped onion  
1 cup chopped green pepper  
1 TB minced garlic  
1 TB chopped jalapeno  
14 oz diced tomatoes  
1/2 cup coconut milk  
8 oz cooked Maine shrimp  
Salt and pepper  
1/2 cup chopped cilantro

### Directions

Sauté fish in olive oil and lime juice until done but not overcooked. Add onion, green pepper, garlic, and jalapeno and cook until soft but not browned. Stir in tomatoes, coconut milk, and Maine shrimp. Season with salt and pepper to taste, and cilantro. Warm through and serve.

Notes: Cooked, leftover fish can be substituted for the fish sautéed in olive oil and lime juice in this recipe.

Source: CSF subscriber Mary Holster