



Soul Food Makeover: Catfish Stew and Rice

1 medium	potato
1 can (14½ ounces)	tomatoes (reduced- or low-sodium), sliced
1 cup	chopped onion
1 cup	clam juice or water
1 cup	water
2 cloves	garlic, minced
½ head	cabbage (coarsely chopped)
1 pound	catfish fillets
1½ tablespoons	Hot 'N Spicy Seasoning (recipe below)
1	sliced green onion for garnish (optional)
2 cups	hot cooked rice (brown or white)

Hot 'N Spicy Seasoning

¼ cup	paprika
2 tablespoons	dried oregano, crushed
2 teaspoons	chili powder
1 teaspoon	garlic powder
1 teaspoon	black pepper
½ teaspoon	red (cayenne) pepper
½ teaspoon	dry mustard

Preparation Instructions

Mix together all seasoning ingredients. Store in airtight container. Makes about ⅓ cup of seasoning.

1. Peel potato, and cut into quarters.
2. In a large pot, combine potato, tomatoes and juice from the can, onion, clam juice, water, and garlic.
3. Bring to a boil. Reduce heat.
4. Cook, covered, over medium-low heat for 10 minutes.
5. Add cabbage. Return to boiling. Reduce heat; cook, covered, over medium-low heat for 5 minutes, stirring occasionally.
6. Meanwhile, cut fillets into 2-inch lengths. Coat fillets with Hot 'N Spicy Seasoning.
7. Add fish to vegetables. Reduce heat; simmer, covered, for 5 minutes or until fish flakes easily with fork.
8. Ladle stew over cooked rice in soup bowls and garnish with green onion.

Makes 4 servings

Serving size:	About 2 cups	Sodium:	355 mg
Calories:	363	Dietary Fiber:	4 g
Total Fat:	8 g	Protein:	28 g
Saturated Fat:	2 g	Total Carbohydrates:	44 g
Cholesterol:	87 mg	Potassium:	1,079 mg

