



Fisherman's Stew

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This simple seafood stew is laden with fresh shrimp and cod, and features a savory tomato broth spiced up with Cajun seasoning.

CAL/SERV: 190
YIELDS: 4 SERVINGS

Ingredients

1 tbsp. olive oil
1 medium onion
1 yellow pepper
1 stalk celery
2 clove garlic
1 tsp. Cajun seasoning
1/2 tsp. salt
1 can diced tomatoes
1 c. water
1/2 c. dry white wine
1/2 lb. cod fillet
1/2 lb. medium shrimp
Crusty bread (optional)

Directions

1. In 4-quart saucepan, heat oil over medium-high heat. Add onion, pepper, and celery, and cook 8 to 10 minutes or until onion is tender and golden, stirring occasionally. Stir in garlic, Cajun seasoning, and teaspoon salt, and cook 1 minute, stirring.
2. Add tomatoes, water, and wine; heat to boiling. Reduce heat to medium-low and simmer, covered, 10 minutes.
3. Stir in cod and shrimp. Cover and simmer 3 to 4 minutes or until cod and shrimp just turn opaque throughout, gently stirring once. Ladle stew into 4 large soup bowls and serve with bread if you like.