



## 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.