

Catfish Stew and Rice

Makes: 4 servings

Chili and spice seasoning give this seafood stew a punch of flavor. Serve it with brown rice for added whole grains.

Ingredients

- 2 potatoes (medium)
- 1 can tomatoes, cut up (14.5 oz)
- 1 cup onion (chopped)
- 1 cup clam juice (8-oz bottle, or water)
- 1 cup water
- 2 garlic (cloves, minced)
- 1/2 head of cabbage (coarsely chopped)
- 1 pound catfish fillets
 - green onion (sliced, as needed)
- 1 1/2 tablespoons Chili and Spice Seasoning (see recipe)
- 2 cups rice, white (or brown, cooked)

Directions

1. Peel potatoes and cut into quarters.
2. In large pot, combine potatoes, tomatoes and their juice, onion, clam juice, water, and garlic. Bring to boil and reduce heat. Cook covered over medium-low heat for 10 minutes.
3. Add cabbage and return to boil. Reduce heat. Cook covered over medium-low heat for 5 minutes, stirring

Nutrition Information

Nutrients	Amount
Calories	349
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	59 mg
Sodium	313 mg
Total Carbohydrate	59 g
Dietary Fiber	8 g
Total Sugars	10 g
Added Sugars included	1 g
Protein	23 g
Vitamin D	0 IU
Calcium	134 mg
Iron	5 mg
Potassium	1330 mg

N/A - data is not available

MyPlate Food Groups

 Vegetables	2 1/2 cups
 Grains	3 ounces
 Protein Foods	1 ounce

occasionally.

4. Meanwhile, cut fillets into 2-inch lengths. Coat with [Chili and Spice Seasoning](#).

5. Add fish to vegetables. Reduce heat and simmer covered for 5 minutes or until fish flakes easily with fork.

6. Serve in soup plates. Garnish with sliced green onion, if desired. Serve with scoop of hot cooked rice.

*Reduce the sodium by using low- or no-added-sodium canned tomatoes.

Source: US Department of Health and Human Services, A Healthier You: Based on the Dietary Guidelines for Americans