

Easy Catfish Stew

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-southern-cat-fish-stew>

Ingredients:

- 1 catfish cut into steaks, gutted and clean
- fresh tomatoes 5 Big .
- 2 habanero Rodo/
- 1 red bell pepper
- 1 1/2 onion divided
- 1 inch fresh ginger
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon thyme
- seasoning powder/cube
- 1/4 cup olive oil /palm oil
- salt
- pepper

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 35 milligrams
4. Fat: 20 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 240 milligrams
9. Sugar: 5 grams

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