

Catfish Stew

Yield: 4 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-catfish-stew-recipe>

Ingredients:

- 2 grams bay leaf whole
- 1 teaspoon red pepper flakes
- 1/2 teaspoon thyme leaves
- 2 teaspoons salt
- 1/4 cup olive oil
- 4 cubes beef bouillon
- 1/4 teaspoon hot pepper sauce
- 1 cup chopped celery
- 1 clove garlic
- 2 packages okra
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 cans diced tomatoes
- 4 cups water
- 2 pounds catfish fillets

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 105 milligrams
4. Fat: 32 grams
5. Fiber: 3 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 1350 milligrams
9. Sugar: 5 grams

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