

Fish Stew

1 T olive oil
1 c chopped onion
¼ c chopped celery
1 tsp chili powder
1 ½ c frozen whole kernel corn (omit for low carb)
1 tbsp Worcestershire sauce
1 14 ½ oz can diced tomatoes, undrained
2 c water
1 14 oz can salmon
¾ c tomato sauce
2 cloves minced garlic
¼ c chopped parsley
A dash of cayenne pepper
Salt and black pepper

Sautee' onion, celery, chili powder, and garlic in olive oil until tender. Stir in the corn (if desired), Worcestershire sauce, diced tomatoes, water, and tomato sauce. Cook for 10 minutes. Add fish, salt, pepper, and cayenne pepper to taste. Stir in parsley and simmer for about 10 minutes.

Serves 4