

# Caribbean One Pot Stew

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*If you are in the mood for authentic, rustic ethnic food with just the ingredients in your kitchen this hearty Caribbean One-Pot-Stew is the perfect dinner! Chicken, rice, beans and cod are simmered together into a simple and hearty one-pot dish that can be served for any occasion. The best part is this flexible dish can use up just about any ingredients you have in the house so play around with substitutes and see how delicious this stew can be!*

## Ingredients:

½ lb chicken wings  
2 Tbsp olive oil  
2 onions, chopped  
¼ c. celery, chopped  
1 tsp browning sauce  
4 c. water  
2 c. white rice, uncooked  
1 c. pigeon peas or lentils, uncooked  
½ lb cod  
3 tomatoes, minced  
1 c. carrot, grated  
1 tsp. salt

## Directions:

1. Rinse chicken and pat dry. Season to taste and set aside.
2. In large skillet heat oil over medium heat. Add chicken and brown on both sides. Add onion, celery, and browning sauce. Saute 5 minutes or until onions are soft and translucent.
3. Stir in water, rice, and peas and bring back to a simmer. Stir in fish, tomatoes, carrots and salt, and combine.
4. Cover skillet, reduce heat to medium low and simmer for 25-30 minutes or until rice and peas are soft. Serve hot, with hot sauce if desired.

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