

# Creole Stew

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*This simple creole stew is a hearty and easy dish to prepare. The stew is bursting with traditional Creole flavors; spicy cayenne pepper, flavorful garlic, onion and tomatoes, and tender mixed vegetables are simmered to a thick and creamy stew that can be served with crusty bread for a simple and rustic meal any time.*

## Ingredients:

1 (28 oz) can diced tomatoes, undrained  
1 (15 oz) can tomato sauce  
½ c. chopped onion  
½ tsp garlic powder  
½ tsp celery salt  
¼ tsp dried thyme  
1/8 tsp cayenne pepper  
2 bay leaves  
1 (16 oz) package frozen mixed vegetables  
1 lb fresh cod fillets

## Directions:

1. Prepare cod by cutting into ¾-inch pieces and set aside.
2. In large kettle combine tomatoes, sauce, onion, garlic powder, celery salt, dried thyme, cayenne pepper, and bay leaves. Bring to a simmer and cover; simmer for 10 minutes.
3. Add vegetables to kettle and simmer another 10 minutes; add fish and simmer another 10 minutes or until the fish is cooked through and flakes easily with a fork. Discard bay leaves and serve.

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