



*Dairy Free • Egg Free • Nut Free
Gluten Free • No Added Sugar
Good Source of Fiber*

Alabama Catfish Gumbo



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INGREDIENTS

- 1 tablespoon vegetable oil
- ½ cup onion, diced
- ½ cup green bell pepper, diced
- ½ cup celery, diced
- 2 cans low sodium chicken broth,
14.5 ounces each
- 3 teaspoons seafood seasoning
- 2 cans diced low sodium tomatoes,
14.5 ounces each
- 1 can tomato paste, 3 ounces
- 1 12-ounce bag frozen okra
- 4 catfish fillets
- 2 cups cooked brown rice

DIRECTIONS

1. In large pot, heat oil and cook onion, bell pepper, and celery until tender.
2. Add chicken broth, seafood seasoning, diced tomatoes, tomato paste, and okra. Bring to a boil.
3. Add catfish and simmer 20 minutes, stirring occasionally until fish is cooked through.
4. Serve over rice.

TIPS

- Catfish doesn't have to be fried to be delicious! Enjoy it simmered in this tasty soup to get the protein, vitamins, and minerals without the added fat from frying.
- Use a cooking thermometer to ensure that fish is fully cooked to 145 degrees F.

Main Dish | Serves 6