

## CAPT. BOB'S FISH STEW

### Ingredients

- . 3 jumbo onions
- . 2 lbs potatoes
- . 2 bell peppers
- . 2 c. celery
- . 1 pt. crushed tomato
- . 1 pt. ketchup
- . 12 oz. tomato paste
- . 1 ½ lbs deboned fish (try snapper)
- . Salt, pepper and granulated seafood seasoning to taste

### Directions

1. Cut up veggies, cover with water and boil with small amount of seasoning until potatoes are tender. Turn heat to low.
2. Boil fish. Just cover with enough water to cook fish. Add fish broth to veggies and simmer until stew starts to foam on top. Do not boil. It's ready to eat!

Yields: 1-1.5 gallons

Serving: 1 cup

Calories: 100

Fat: 1 g

Protein: 8 g

Carb: 16 g (2 g fiber)

## RECIPES



For eating well  
after bariatric  
surgery

Bob likes to add a jalapeno pepper to his stew - he can use less salt by adding some spice!



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