

Portuguese-Style Fish Stew

Ingredients

- 3 T Olive Oil
- 2 Bay Leaves
- 2 t Paprika
- 1 Onion (thinly sliced)
- 1 Green Pepper (thinly sliced)
- 14 1/2 oz Diced Tomatoes (canned)
- 1 clv Garlic (finely chopped)
- 1/4 c Cilantro (chopped)
- 1 1/2 lb Striped Bass (skinless, cut into 2-inch chunks)
- 0 ds Salt
- 0 ds Ground Black Pepper

Instructions

- 1.Heat 2 tablespoons olive oil in a medium saucepan over medium-high heat. Add the bay leaves and paprika and cook, stirring, 30 seconds. Add the onion, bell pepper, tomatoes, garlic, and 2 tablespoons of the cilantro; season with salt and pepper. Cover and cook until the vegetables are softened, about 10 minutes.
- 2.Add 1 cup water and reduce the heat to medium low. Season the fish with salt and pepper, then nestle the pieces among the vegetables in the pan. Cover and simmer until the fish is just cooked through, 5 to 7 minutes.
- 3.Divide the stew among bowls. Drizzle with the remaining 1 tablespoon olive oil and sprinkle with the remaining 2 tablespoons cilantro. Serve with the bread.