Easy-Do Fish Stew

Recipe by Florida Department of Natural Resources, Bureau of Marketing and Extensions Services

Makes 6 servings

Ingredients

- 2 lbs flounder fillets, fresh or frozen
- 6 slices bacon, diced
- 1 cup sliced celery
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 cans (10 1/2 oz each) condensed cream of potato soup
- 2 cans (10 1/2 oz each) chicken broth
- 1 can (16 oz) green peas & carrots, drained
- 1 can (8 oz) whole kernel corn, drained
- 1/8 tsp pepper
- 1 medium bay leaf

Instructions

1. Thaw fish if frozen. Skin fillets and cut into 1 1/2" pieces.
2. In a 5-quart soup pot, brown bacon. Remove bacon and set aside.
3. Cook celery, onion, and green pepper in bacon drippings over medium heat until tender, but not brown, stirring occasionally.
4. Add bacon, cream of potato soup, chicken broth, vegetables, pepper, and bay leaf; heat to boiling.
5. Reduce heat, add fish, cover and simmer for 12-15 minutes or until fish flakes easily when tested with a fork, stirring occasionally.
6. Remove bay leaf and serve.

EASY-DO FISH STEW **FLORIDA SEAFOOD**

Florida Department of Natural Resources
Bureau of Marketing and Extensions Services
3900 Commonwealth Blvd.
Tallahassee Florida 32303

2 lbs. flounder fillets, fresh/frozen
6 slices bacon, diced
1 cup sliced celery
½ cup chopped onion
½ cup chopped green pepper
2 cans (10½-oz. each) condensed cream of potato soup
2 cans (10½ oz. each) chicken broth
1 can (16 oz) green peas & carrots, drained
1 can (8-oz.) whole kernel corn, drained
1/8 tsp. pepper plus 1 medium bay leaf

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Thaw fish if frozen. Skin fillets and cut into 1½" pieces. In a 5-quart soup pot, brown bacon. Remove bacon and cook celery, onion, and green pepper in bacon drippings over medium heat, until tender, but not brown, stirring occasionally. Add bacon and cream of potato soup, chicken broth, vegetables, pepper and bay leaf; heat to boiling. Reduce heat, add fish, cover and simmer for 12-15 minsutes or until fish flakes easily when rested with a fork, stirring occasionally. Remove bay leaf and serve.

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