

Fish and Tomato Stew

Makes 4 Servings

Ingredients

- 2 tablespoons olive oil
- 1 large yellow onion, chopped
- 1 teaspoon garlic powder, or 3 cloves garlic, chopped small
- 1 (16-ounce) package of frozen white fish filets, thawed
- 1 (16-ounce) package of frozen spinach, thawed
- 1 (15-ounce) can whole new potatoes, chopped
- 2 (10-ounce) cans tomato soup
- Salt and pepper, to taste
- 1 tablespoon chopped fresh parsley, or 1 teaspoon dried parsley (optional)

Directions

1. Heat oil in a large pot over medium-high heat. Add in onion and garlic and cook until soft, about 3 to 5 minutes. Stir in fish filets and spinach and cook, breaking apart into chunks with a spoon until cooked through, about 5 minutes.
2. Stir in potatoes, soup and 1 cup of water. Bring to a simmer (bubble) over medium heat. Cook, stirring from time to time, until fish is fully cooked, about 8 to 10 minutes. Season with salt and pepper. Top with parsley (if using) and serve.



Recipe from: Feeding Pennsylvania and PA Eats