



Total Time
100 MIN.

Serving & Size
1 CUP

Difficulty
EASY

Cajun flavors are captured in this classic stew full of onion, peppers and celery along with a hint of smoke and a finish of catfish, lemon and hot sauce.


Yields
24

Nutrition Facts	
Serving Size	1 CUP
Amount Per Serving	
Calories 292	
% Daily Value	
Total Fat 6.7g	10%
Saturated Fat 1.5g	8%
Cholesterol 29mg	10%
Sodium 777mg	32%
Total Carbohydrate 43.2g	14%
Dietary Fiber 6.3g	25%
Protein 15.5g	31%
Vitamin A 6%	Vitamin C 54%
Calcium 7%	Iron 11%

INGREDIENTS

WEIGHT

MEASURE

vegetable oil		2	tblsp.
Vidalia onion, diced	30 oz.	1 1/2	qt.
green pepper, diced	1 lb.	1	qt.
celery, diced	1 lb.	1	qt.
smoked pork ham, diced	1 lb.	3	cups
Cajun spice blend, no salt added		2	tblsp.
paprika		1	tblsp.
 Prego® Traditional Pasta Sauce , 106 ounces each		1	ea.
water		1 1/2	qt.
frozen okra	1 lb.	1	qt.
catfish, raw fillets, cut into 2-inch pieces	2 lb.	1 1/2	qt.
fresh parsley, chopped	1 oz.	1	cups
lemon juice		1/4	cups
hot pepper sauce		1	tblsp.
brown rice, cooked		3	qt.



INSTRUCTIONS

1. In a large stew pot, heat oil over medium-high heat. Add onions and sauté 5 minutes. Add peppers and celery. Sauté 5-6 minutes. Mix in ham, spice blend and paprika. Continue to cook 2-3 minutes, stirring often.
2. Add Prego® Traditional Pasta Sauce and water. Bring to a boil, reduce heat and simmer 45 minutes, stirring often.
3. Stir in okra and catfish. Simmer for 20 minutes.
CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds.
CCP: Hold hot at 140°F or higher for service.
4. Just before service, stir in parsley, lemon juice and hot sauce.
5. **To Serve:** Using an 8 oz. ladle, portion 1 cup of stew over 1/2 cup rice in a bowl.