

## Recipe – Tilapia in Tomato Stew

### Ingredients:

- 1 to 1 ½ pound tilapia or other white fish, cut into 6 sections
- 1 medium yellow onion, chopped
- 1 clove garlic, minced
- 1 red pepper, chopped
- 1 green pepper, chopped
- 1 tsp cumin
- 1 large can diced tomatoes
- 3 TBS olive oil

### Directions:

In the oil, saute the onions, garlic, peppers and cumin until soft.

Add tomatoes and simmer about 15 minutes

Add fish and spoon tomato stew over the pieces. Simmer about 5 minutes and flip the fish.

Simmer 5 more minutes and test that it is cooked through.

Serves 4 - 6.