

Smoked Whitefish Stew

3 tbsp olive oil
1 large onion, chopped
2 carrots, peeled and chopped
2 ribs celery, chopped
1 green pepper, chopped
4 cloves garlic, minced
2 tsp smoked paprika
2 tsp dried oregano
1 heaping tsp flour or corn starch
2 bay leaves
1 15 oz can diced tomatoes
1 15 oz can white beans (navy, great northern, etc)
1 15 oz can kidney beans
1 15 oz can blackeye peas
2 cups fish broth, seafood broth, or water
1 lb smoked whitefish, deboned and shredded
Optional: 10-15 medium cooked shrimp, halved long ways
salt and pepper

Directions

1. Heat olive oil in a large pot. Add onion, carrots, celery, pepper, and garlic to the pot and saute for 5 minutes.
2. Add paprika, oregano, and flour or corn starch, and continue cooking for 2 more minutes.
3. Add tomatoes, beans, and broth or water to the pot and bring to a boil. Lower heat and simmer for at least 15 minutes, or until stew starts to thicken to the desired consistency.
4. Meanwhile, prepare the fish, and the shrimp, if using. Remove the stew from heat and add the seafood. Also add salt and pepper to taste.