

# Catfish Gumbo

## Ingredients

3 tablespoons olive oil  
1 cup chopped onion  
1 cup chopped celery  
1 cup chopped green pepper  
3 cloves garlic, chopped  
3 tablespoons all-purpose flour  
4 cups broth of your choice  
2 – 28 oz. cans diced tomatoes  
4 cups fresh or frozen sliced okra  
2 teaspoons salt  
½ teaspoon ground black pepper  
1 ½ teaspoon dried thyme  
Hot Sauce to taste  
2 pounds catfish fillets, cut into 1” pieces  
3 cups cooked long-grain rice



## Instructions

In a large Dutch oven, heat oil over medium-high heat. Add onions, celery, green pepper and garlic. Cook, stirring frequently until soft – about 5 minutes. Sprinkle flour on vegetables and continue cooking, stirring frequently, until browned – about 3-4 minutes.

Stir in broth, tomatoes, and okra. Bring to a boil, reduce heat and simmer for 20 minutes, stirring occasionally.

Stir in salt, pepper, thyme, hot sauce, and fish. Cook for 10 minutes or until fish is done.

Place rice in bowls and top with Gumbo.