



Ingredients

- 2 onions
- 1 bell pepper
- 3 celery stalks
- ½ cup parsley
- 1 bunch green onions
- 2 tablespoons olive oil
- 2 tomatoes
- 1 can whole tomatoes
- 1 can tomato paste
- 3 garlic cloves
- 1 cup red wine
- 1 ½ cups water
- 1 lemon
- 3 bay leaves
- 1 teaspoon salt
- ½ teaspoon pepper
- 3 catfish fillets

What To Do:

Chop onions, bell pepper, celery, parsley and green onions. Put in a deep pan with olive oil and heat over medium-high heat. Chop tomatoes, mince the garlic and slice the lemon. Once the onions have become translucent add fresh and canned tomatoes (with the juice), the tomato paste, garlic, wine, water, lemon slices, bay leaves salt and pepper. Simmer for 15-minutes. Cut catfish into pieces and add to courtbouillon continue simmering until cooked through. This is best served over rice.