

## Easy Seafood Stew



- 2 tsp. olive oil
- 1 large green or yellow bell pepper, coarsely chopped
- 1 rib celery, chopped
- 1 medium onion, chopped
- 2 cloves garlic, crushed and minced
- 14 1/2 can stewed tomatoes
- 1/2 cup water
- 1/4 tsp. salt
- 1 cup spicy V-8 juice
- 1 lb. shelled and deveined medium shrimp
- 10 oz. cod fillet, cut into 1-inch chunks

In a large saucepan, heat oil over medium heat until hot. Add pepper, celery and onion and cook, stirring frequently, 5 to 6 minutes or until softened and lightly browned. Stir in garlic and cook 1 minute, stirring constantly.

Stir in stewed tomatoes, vegetable juice, water and salt. Cover and heat to boiling over high heat. Reduce heat to low and simmer, covered, for 10 minutes.

Gently stir in cod and shrimp. Cover saucepot and simmer 3 to 4 minutes or until cod and shrimp just turn opaque throughout.

Enjoy!

*Never Enough Thyme*  
*<http://www.lanascooking.com>*  
*--Recipe adapted from Good Housekeeping Comfort Food*