



Tomato-based Norwegian Haddock and bean stew

There are few things in life better than a chilly night, a cozy fire and a simmering bowl of stew, especially when you don't have to slave over it! GO WILD™ Norwegian Haddock plays a starring role in this hearty meal you can easily make in just 30 minutes.

Onions, pepper and celery are diced small and cooked until they appear translucent, laying the foundation for the stew. The tomato sauce offers just the right sweetness and tang for the broth—not overpowering, not underwhelming. Chunks of firm haddock and white beans provide plenty of protein and flavor, while the spinach and potatoes add an excellent source of vitamins, fiber and good carbohydrates. Warm, comforting and perfect for dipping with crusty bread, this GO WILD™ Creation is a complete meal in a bowl.

Prep time:
20 minutes

Cook time:
30 minutes

Difficulty level:
Simple

Serves: 2

Ingredients

- 1 tray GO WILD™ Norwegian Haddock, cut into cubes
- 1 quart tomato juice
- 1 red bell pepper, sliced
- 1 onion, sliced
- 1 Tbsp garlic, crushed
- ½ cup cilantro, chopped
- 3 red bliss potatoes, ½ inch cubes
- 2 cups fresh spinach
- 1 can white beans
- 3 stalks celery, sliced

Directions

In 3-qt pot, heat 2 Tbsp of oil on medium heat. Sauté onions, pepper and celery for 5 minutes until soft. Add garlic, potatoes and cilantro and cook for 2 minutes. Add tomato juice, haddock and white beans and cook for 30 minutes or until fish starts to flake. Add spinach and stir in. Serve stew in bowl.
