

Creole Catfish

(Adapted from [The Cooking Bride](#))

1 tablespoon vegetable oil
1 green bell pepper, cored and diced
½ teaspoon dried oregano
1 small can (8 oz.) tomato sauce
⅓ cup water
¼ teaspoon garlic powder
¼ teaspoon black pepper
⅛ teaspoon cayenne pepper
1 pound firm white fish (catfish, cod, haddock, or halibut)

Heat oil in a medium skillet over medium heat. Add bell pepper and oregano and cook until bell pepper is crisp-tender, about five minutes.

Add tomato sauce, water, garlic powder, black pepper, and cayenne pepper. Bring mixture to a boil.

Nestle fish in soup mixture and gently stir to coat fish. Reduce heat to low. Cover pan and cook about five minutes or until fish flakes easily with a fork.

Serve with long grain and wild rice and corn muffins, if desired.