
Grampa`s Catfish Stew

Christine Rodenberg

Party Recipes from the Charleston Junior League - 1993

Servings: 8

1 pound slab bacon, diced
2 pounds onion, chopped
1 can (46 ounce) tomato juice
1 can (6 ounces) tomato paste
1 bottle (32 ounce) ketchup
3 cloves garlic, minced
salt (to taste)
freshly ground pepper (to taste)
Tabasco sauce (to taste)
Worcestershire sauce (to taste)
3 pounds catfish, skin and bones removed
6 hard-cooked eggs, chopped

In large pot, cook the bacon until it is almost crisp. Add the onions and saute' until they are translucent. Drain off the excess grease.

Add the tomato juice, tomato paste, ketchup and garlic. Cook, covered, over low heat for 2-1/2 hours.

Season with the salt, pepper, Tabasco and Worcestershire sauce. Add the catfish and the chopped eggs. Cook over low heat for 30 minutes, breaking up the fish as it cooks.

Soups, Chili, Stew

Per Serving (excluding unknown items): 605 Calories; 37g Fat (55.7% calories from fat); 52g Protein; 14g Carbohydrate; 3g Dietary Fiber; 306mg Cholesterol; 1235mg Sodium. Exchanges: 7 Lean Meat; 2 1/2 Vegetable; 4 1/2 Fat; 0 Other Carbohydrates.