

Crock Pot Fish Stew

Ingredients

3 lg. red snapper or flounder (1 1/4 to 1 1/2 lbs.) cut into 2 inch pieces
2 tbsp. olive oil or melted butter
1 clove garlic, minced
1 lg. onion, sliced
1 green pepper, seeded and cut in 1 inch pieces
1 to 2 zucchini squash (unpeeled), sliced
1 can (15 oz.) whole tomatoes
1/2 tsp. leaf basil
1/2 tsp. leaf oregano
1 tsp. salt
1/8 tsp. pepper
1/4 c. dry white wine
Optional: 1/2 to 3/4 c. fresh mushrooms may be included

Directions

Combine all ingredients in slow cooker/Crock Pot. Stir gently, but thoroughly. Cover and cook on High setting for 4 to 6 hours.