

# 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.