

Check out our radio program
on KANE AM1240
every Thursday at 10:30 am



BestLife Iberia Executive Chef,
Patrick Mould

Chef, educator, TV personality, cookbook author and culinary innovator, Chef Patrick Mould has contributed much to the cooking landscape that is South-west Louisiana. With over 25 years experience Chef Mould is no stranger behind a stove and has been at the forefront of Cajun and Creole Cuisine.



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Seafood Chili

Ingredients:

1 tablespoon olive oil	2 tablespoons chili powder
1½ cups chopped onion	2 bay leaf
½ cup minced red bell pepper	2 teaspoon salt
1 tablespoon minced garlic	1 teaspoon cumin
2 tablespoons minced, seeded jalapeno	1 teaspoon hot sauce
1- 14 oz diced tomatoes	1 lb. fish cut in chunks
1- 14 oz tomato sauce	1 teaspoon chili powder
2 cups chicken broth	1 lb. VERMILION BAY SWEET brand®
2 tablespoon tomato paste	peeled shrimp
2 tablespoon minced fresh cilantro	½ lb. lump crab meat

Directions:

1. In 4-quart saucepot heat olive oil over medium fire.
2. Add onion, bell pepper, jalapeno pepper and garlic. Cook over medium heat for 5 minutes.
3. Add diced tomatoes, tomato sauce, chicken broth, tomato paste, cilantro, 2-tbsp. chili powder, bay leaf, salt, cumin and hot sauce.
4. Bring to simmer, cover and cook for 30 minutes.
5. Uncover pot and cook additional 15 minutes.
6. Season catfish with 1-teaspoon chili powder; add to pot, cover and cook for 5 minutes.
7. Carefully stir being careful not to break up fish.
8. Cover and simmer for an additional 5 minutes.
9. Stir in shrimp and cook for additional 10 minutes.
10. Carefully stir in lump crab.
11. Cover and simmer for additional 2 minutes.
12. Serve

Yields: 6 servings



MADE POSSIBLE BY:



NUTRITIONAL ANALYSIS
PROVIDED BY:



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NUTRITIONAL INFO: (per serving, as stated in recipe)

Calories: 153 • Protein: 16g • Fat: 3.3 g Salt: 1721 mg • Carbohydrates: 5.5 g