



Ingredients

5 Catfish fillets

1 small yellow onion (chopped)

1 15oz. can black beans (drained)

1 small can diced green chilies

2 tablespoons butter

2 tablespoons olive oil

6 ounces Shredded Mexican cheese

fresh Cilantro chopped

1/2 cup white wine or chicken broth

What To Do:

Rinse and pat dry the catfish fillets; season with black pepper, red pepper, cumin and Mexican oregano. Chop the onion and add to a skillet. Over medium heat sauté onion in butter and olive oil until soft. Add fillets to skillet and lightly brown on both sides, adding cilantro occasionally.

when fillets are lightly brown, reduce heat and add can of chilies, continue to cook; then add beans and more cilantro.

once beans have sautéed for approximately 10 minutes, add broth or wine. Cover and cook, reducing liquid by 1/2 (be careful not to stir fillets as they will break apart).

then cut off heat, add cheese, cover until cheese melts about 5-7 minutes.

serve with salad, french bread and white wine. Cooking and prep time approximately 45 minutes.