

# Traders of the Bighorn

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## Cowboy Cooking

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### MISSISSIPPI CHOCTAW CATFISH STEW

Vegetable Oil

½ tsp. dried thyme

1 med. Onion, chopped

½ tsp. dried oregano

1 green pepper, chopped

½ tsp. salt

1 clove garlic, minced

¼ tsp. black pepper

2 fresh tomatoes, peeled, chopped with juice

4 cups of water

½ cup uncooked rice

1 bay leaf

1 lb. catfish fillets, cut in 1 inch pieces

½ tsp. ground cumin

In a Dutch oven or heavy bottom pail or Soup Kettle saute the onion, green pepper and garlic in a little cooking oil. Add tomatoes and next eight (8) ingredients. Cover and cook over Medium heat 15-20 minutes. Stir frequently. Add rice and catfish. Reduce heat and simmer 20-25 minutes.