



Fish Benachin

¼ cup red palm oil
1 large onion, chipped
3 cloves garlic, chopped
1 green pepper, chopped
1-2 hot peppers, chopped
3 fish filets (any type)
1 yam or 2 cups pumpkin, cut into bite size pieces
1 tomato, chopped
¼ head cabbage, chopped
¼ cup tomato paste
½ cup rice
3 cups water
Salt to taste

Heat oil in large pot, and sauté onions, garlic, green pepper, and hot pepper until tender. Add fish, yam, tomato, cabbage, rice, tomato paste, water and salt. Bring to a boil, reduce heat, cover and simmer until rice is done, about 45 minutes. *Compliments of Dr. Bruce Fife, N.D.*

South Pacific Trading Company
Life is short. Drink it in.



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