



Complexity level: Medium
Calories level: Middle-calories level
Price estimation: 5 - 10 \$

Ingredients

1
onion
3 clv
garlic
1
green bell pepper
1
red bell pepper
1 1/2 lb
tuna fillet (boneless)
4 T
olive oil
1/2 t
salt
1/4 t
ground black pepper
1/4 t
salt
1 lb
tomato sauce

Instructions

1. Peel and chop 1 onion.
2. Peel and chop 3 cloves of garlic.
3. Deseed, wash and chop green and red peppers.
4. Dice tuna fillets into 1-inch cubes approximately.

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5. Heat 4 tablespoons of olive oil in a large skillet. When warm, add chopped garlic, onion and 1/2 teaspoon of salt. Cook and stir over low heat for 4 - 5 minutes.
 6. Add chopped peppers and cook and stir over low-medium heat for 8 - 10 minutes more.
 7. Add tuna dices, season with 1/4 teaspoon of salt and 1/4 teaspoon of ground black pepper and cook and stir over medium heat for 4 - 5 minutes.
 8. Add tomato sauce and cook over low-medium heat for 8 - 10 minutes or until tender.
 9. Serve warm and enjoy your tuna stew with tomato sauce. See more [Spanish fish stew recipes!](#) [1]

Source URL: <https://thespanishcuisine.com/recipes/tuna-in-tomato-sauce>

Links

[1] <https://thespanishcuisine.com/recipes/fish>