

Fisherman's Pot Luck

2 cans Oregon Albacore Tuna
1-16 oz can tomatoes
4 medium potatoes, cubed
4 medium carrots, quartered
2 medium onions, sliced
2 medium green peppers, chopped
2 sprigs parsley or 1 Tbsp dry parsley
1 bay leaf
1 Tbsp Worcestershire sauce
Salt and pepper to taste
2 Tbsp cornstarch
1 Tbsp water

Combine tomato, vegetables and seasonings. Cover pan and simmer 25 minutes or until done. Discard bay leaf and season with salt and pepper. Blend water and cornstarch and stir into vegetables to thicken. Lightly mix in albacore. Heat thoroughly and serve.