MACKEREL GRAVY

National Nutrition Centre
Ministry of Health & Wellness
Barbados



+1(246)536-3852 www.nutritioncentre.health.gov.bb nutrition.centre@barbados.gov.bb

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INGREDIENTS

- 425g Canned Mackerel in tomato sauce
- 2 tablespoon vegetable oil
- 1 cup onion, finely chopped
- 2 tablespoons garlic, chopped
- ½ cup bell pepper, chopped
- ½ cup celery, chopped
- 2 cups tomatoes, chopped
- ½ cup hot water
- 1 teaspoon marjoram
- 1 teaspoon thyme
- ¼ teaspoon black pepper
- 1 teaspoon pepper sauce
- 1 tablespoon flavoured pepper, chopped (optional)

Nutrition Information

Serving Size: 1/3 cup (3.3 oz)

Calories: 81; Total Fat: 4.1 g; Saturated Fat: 0.9g; Cholesterol: 23mg; Sodium: 120mg; Carbohydrate: 4g; Fiber: 1g; Sugar: 2g; Protein: 7g.

The average adult may have 1-2 servings per meal or 1/3 to 2/3 cups of mackerel gravy.
NB: Individual needs may be higher or lower.

METHOD

1. Open the canned mackerel. Pour mackerel and sauce into a container and set aside.
2. Heat the oil in a skillet over medium heat. Saute the onion, garlic, bell pepper and celery. Onion should be translucent and other ingredients tender when cooked.
3. Add the tomatoes and cook for 3-5 minutes, until they softened and release their juices.
4. Pour in the hot water and bring to a boil.
5. Add the mackerel and remaining herbs and spices. Simmer for 1-2 minutes, stirring gently to combine.
6. Remove from heat and serve hot.

NB ***Canned Mackerel contains a significant amounts of sodium. Choose options with less sodium.***