

# Spanish Seafood Stew with Yellow Rice & Spicy Chorizo

Yield: 3 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-yellow-rice-wine-recipe>

## Ingredients:

- 1 pound shrimp large head-less, unpeeled
- 1/2 pound squid small, with head cleaned and cut
- 5 pieces clams washed and cleaned
- 10 pieces mussels wash and cleaned
- 2 pieces crabs cut in half after half-cooked
- 1/2 pound chorizo spicy, no casing
- 5 cloves garlic minced
- 2 tablespoons olive oil
- 1 large onion chopped
- 2 celery stalks chopped
- 1 carrot big, diced
- 1 red bell pepper diced
- 2 tablespoons tomato paste
- 2 bay leaves
- 1 1/2 tablespoons rosemary fresh or dry
- 1 tablespoon lemon zest
- 1 1/2 cups broth shrimp, or clam juice or water
- 1/2 cup white wine
- 1 1/2 teaspoons smoked paprika
- 1/2 can garbanzos drained
- 3 tablespoons Italian parsley
- salt
- pepper to taste
- 9 ounces yellow rice 1 package Vigo Saffron

## Nutrition:

1. Calories: 1170 calories

2. Carbohydrate: 108 grams
  3. Cholesterol: 475 milligrams
  4. Fat: 44 grams
  5. Fiber: 9 grams
  6. Protein: 75 grams
  7. SaturatedFat: 12 grams
  8. Sodium: 2180 milligrams
  9. Sugar: 6 grams
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