

Cioppino – Seafood Stew

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-cioppino-recipe>

Ingredients:

- 2 onions medium, finely chopped
- 8 garlic cloves minced
- 2 bay leaves dried
- 1 teaspoon dried oregano
- 1 1/2 teaspoons table salt
- 1 teaspoon black pepper
- 1/4 cup light olive oil
- 3 stalks celery thinly sliced
- 1 yellow pepper seeded and diced
- 2 tablespoons tomato paste
- 1 1/2 cups dry white wine
- 32 ounces plum tomatoes 1 can, drained and chopped. Juices reserved.
- 1 cup bottled clam juice
- 1 cup chicken broth
- 2 tablespoons white sugar
- 20 hard shelled clams
- 20 mussels shelled
- 1 pound fish firm, ie., halibut, snapper, or salmon
- 1 pound shrimp very large, 16-20 count-size, deveined, shell-on
- 1 pound sea scallops large, muscles removed from side if attached
- 1/4 cup flat leaf parsley freshly chopped
- 1/4 cup fresh basil freshly chopped
- crusty bread for serving

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 51 grams
3. Cholesterol: 215 milligrams
4. Fat: 23 grams

5. Fiber: 3 grams
 6. Protein: 63 grams
 7. SaturatedFat: 3 grams
 8. Sodium: 1490 milligrams
 9. Sugar: 17 grams
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