

# Italian Seafood Soup

Yield: 6 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/small-neck-clam-recipe-italian>

## Ingredients:

- 3 tablespoons butter
- 1 onion diced
- 3 garlic cloves minced
- 2 carrots sliced
- 1 celery stalk sliced
- 29 ounces diced tomatoes 2 14.5 ounce cans, petite diced
- 32 ounces broth low-salt chicken or vegetable
- 3/4 cup white wine
- 1 tablespoon dried basil
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1 pound shrimp peeled and deveined, tail off, I used medium-sized shrimp
- 1 pound sea scallops
- 1 pound cod cubed or other firm white fish, such as mahi mahi
- 10 clams cleaned
- 10 mussels cleaned and debearded

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 16 grams
3. Cholesterol: 200 milligrams
4. Fat: 11 grams
5. Fiber: 3 grams
6. Protein: 55 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1350 milligrams
9. Sugar: 6 grams

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