

Caldo de Mariscos (Mexican Seafood Soup)

Yield: 4 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-tilapia-soup-recipe>

Ingredients:

- 1 cup chopped onion
- 5 cloves garlic chopped
- 15 1/2 ounces diced fire-roasted tomatoes with juice
- 1 cup water
- 3 tablespoons chili powder ground Pasilla
- 8 ounces turnip peeled, diced
- 8 ounces potatoes small white, diced
- 8 ounces carrot peeled and oblique cut, or diced
- 2 bouillon cubes Knorr “Caldo de Cameron”, or shrimp bouillon
- 4 teaspoons base fish
- 7 cups water or may use shrimp and fish stocks and omit bouillon and fish base
- 10 ounces tilapia boneless, or similar fish
- 10 ounces shrimp deveined ez-peel, with shells on
- 10 ounces seafood assorted, calamari rings, mussels, clams, shrimp, scrub shells of clams and mussels if not done already, discard any...
- lime wedges
- chopped cilantro
- jalapeno peppers
- serrano

Nutrition:

1. Calories: 280 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 145 milligrams
4. Fat: 4 grams
5. Fiber: 8 grams
6. Protein: 33 grams

7. SaturatedFat: 1 grams
 8. Sodium: 320 milligrams
 9. Sugar: 9 grams
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