

Mixed Seafood Stew

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/peruvian-mixed-seafood-ceviche-recipe>

Ingredients:

- 1/4 cup olive oil
- 6 cloves garlic minced
- 1 medium white onion diced
- 1 bulb fennel thinly sliced, white part only
- 1 medium orange zested
- 1/2 teaspoon black pepper
- 14 ounces crushed tomatoes
- 6 cups vegetable stock
- 2 pounds mixed seafood I used scallops, mussels, shrimp, and cod
- sea salt to taste
- lemon wedges for serving

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 25 grams
3. Fat: 14 grams
4. Fiber: 6 grams
5. Protein: 3 grams
6. SaturatedFat: 2 grams
7. Sodium: 1740 milligrams
8. Sugar: 5 grams

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