

# Portuguese Clam and Sausage Stew

Yield: 5 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-portuguese-clam-recipe>

## Ingredients:

- 1 tablespoon olive oil
- 1/2 pound chorizo fresh pork
- 1 yellow onion small, chopped
- 1 garlic clove minced
- 14 1/2 ounces chopped tomatoes
- 1 tablespoon asian fish sauce optional
- 15 ounces garbanzo beans drained and
- 24 clams small hard-shell, scrubbed
- 1/3 cup fresh flat leaf parsley chopped

## Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 65 milligrams
4. Fat: 26 grams
5. Fiber: 16 grams
6. Protein: 37 grams
7. SaturatedFat: 8 grams
8. Sodium: 900 milligrams
9. Sugar: 13 grams

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