

Southern California Cioppino

Yield: 8 min
Total Time: 165 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-style-potatoes-soup-recipe>

Ingredients:

- 1/4 cup olive oil
- 1 onion chopped
- 4 stalks celery chopped, with leaves
- 4 carrots sliced
- 4 potatoes peeled and cubed
- 1 tablespoon minced garlic
- 1/4 cup chopped parsley
- 2 tablespoons fresh chopped cilantro
- 28 ounces crushed tomatoes
- 2 cups tomato juice
- 16 ounces clam juice
- 1/2 cup white wine
- 2 teaspoons dried basil
- 1 1/2 teaspoons dried oregano
- 1 tablespoon dried thyme
- 3/4 teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- pepper
- salt
- 1 pound halibut steak cubed
- 1 pound medium shrimp peeled and deveined
- 1 pound mussels cleaned and debearded
- 2 pounds clams in shell, scrubbed
- 1 pound crabmeat cooked
- 1 pound sea scallops or bay, rinsed and drained

Nutrition:

1. Calories: 820 calories
2. Carbohydrate: 77 grams

3. Cholesterol: 230 milligrams
 4. Fat: 20 grams
 5. Fiber: 6 grams
 6. Protein: 80 grams
 7. SaturatedFat: 2.5 grams
 8. Sodium: 1480 milligrams
 9. Sugar: 14 grams
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