

13: INGREDIENTS

# Mexican Seafood Stew

INTERMEDIATE LEVEL | 60 MINUTES | 230 CALORIES



With winter and snow, this caldo will warm your night!

## Ingredients

- 1.5 pounds (680 grams) frozen cod, cut into cubes
- 1 cup frozen shrimp, cleaned and tails removed, cut in half
- 4 cups water
- 4 cups clam or chicken broth
- 1 (16-ounce) can chopped or stewed tomatoes
- 1 cup chopped red onions
- 2 cups Anaheim chiles, seeded and rinsed
- 2 cloves garlic, minced
- 1 bay leaf
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ teaspoon Mexican oregano
- Chopped cilantro and limes for garnish

## Step by step

### Step 1

Thaw fish and shrimp.

### Step 2

Make a sofrito by sauteeing the onions, chiles and garlic in olive oil.

### Step 3

In a large saucepan, add the water, clam or chicken broth, tomatoes, garlic, bay leaf, salt, pepper, oregano, and bring to a boil.

### Step 4

Cover and simmer for 30 minutes.

### Step 5

Add shrimp and fish and cover. Simmer for another 10 minutes.

### Step 6

Serve with lime and chopped cilantro for garnish.

**Serving Suggestion:** Warm corn tortillas on the comal. Serve a cup of soup with 2 corn tortillas. Add an avocado and spinach salad with lemon dressing.

**Note:** You can add other seafood such as clams and scallops to the caldo!

## Nutrition Information

Total grams per serving: 466 g; Calories 230; Total Fat 8 g (Sat 2 g, Trans 0 g, Poly 0 g, Mono 0 g); Cholesterol 80 mg; Sodium 1280 mg; Total Carbohydrates 24 g; Dietary Fiber 3 g; Total Sugars 7 g; Protein 17 g; Vitamin D 0 mg; Calcium 57 mg; Iron 1 mg; Potassium 391 mg.  
One serving = one cup.