



# Mixed Seafood Cioppino (Seafood Stew)



4 Servings



50 minutes

## Ingredients :

- Olive oil
- Onion
- Garlic
- Crushed tomatoes
- Tomato paste
- Dry white wine
- Seafood stock
- Bay leaf
- Dried oregano
- Red pepper flakes
- Salt
- Black pepper
- Shrimp
- Firm white fish fillets
- Clams
- Crab meat
- Fresh parsley
- Lemon wedges



## Instructions :

1. Heat olive oil in a large pot over medium heat and sauté onion until soft and translucent .
2. Add garlic and cook briefly until fragrant .
3. Stir in tomato paste ,crushed tomatoes ,white wine ,and seafood stock ,then add bay leaf ,oregano , red pepper flakes , salt ,and black pepper .
4. Bring the mixture to a gentle simmer and cook for about 20 minutes to develop flavor .
5. Add clams and cover the pot ,cooking until they begin to open .
6. Gently add fish ,shrimp ,and crab meat ,then simmer until the seafood is just cooked through .
7. Remove from heat and let the stew rest briefly before serving .
8. Garnish with fresh parsley and serve with lemon wedges on the side .