Dinner

# Hearty Tomato Seafood Stew with Clams

A brothy tomato stew simmered with tender potatoes, clams, shrimp, and pieces of white fish, layered with smoked paprika and finished with lemon and fresh herbs.



Freezer safe

| 120 min | 300 | 26 g | 7 g |
|---|---|---|---|
| time | calories | carbs | sugars |

## Ingredients, 6 servings

- [ ] 2 tbsp extra-virgin olive oil
- [ ] 1 cup onion(s) (chopped)
- [ ] 1/2 cup celery (chopped)
- [ ] 1 cup red bell pepper (chopped)
- [ ] 1/4 tsp fine sea salt
- [ ] 1/2 tsp freshly ground black pepper (divided)
- [ ] 3 clove garlic (minced)
- [ ] 1/2 tsp crushed red pepper flakes
- [ ] 1 tsp smoked paprika
- [ ] 1 tbsp tomato paste (no-salt-added)
- [ ] 4 cup low-sodium vegetable broth or low-sodium seafood stock
- [ ] 1 (15-oz) can no-salt-added canned crushed tomatoes
- [ ] 2 cup white potatoes (quartered)
- [ ] 1/2 tsp lemon zest (freshly grated)
- [ ] 1 tbsp lemon juice (freshly squeezed)
- [ ] 1 lbs littleneck clams (soaked in water for 1 hour)
- [ ] 1/2 lbs shrimp (med, peeled and deveined, tails left on)
- [ ] 1/2 lbs white fish (such as hake or cod) (cut into 1-inch pieces)
- [ ] 3 tbsp fresh parsley (chopped)
- [ ] 2 tbsp fresh oregano (chopped)

## Nutrition Facts

Per serving

| Calories | 300 |
|---|---|
| **Total fat** | 7 g |
| Saturated fat | 0.5 g |
| **Sodium** | 460 mg |
| **Total carbs** | 26 g |
| Fiber | 4 g |
| Total sugars | 7 g |
| **Protein** | 31 g |

diabic.com/recipes

Scan to open this recipe and its shopping list

## Method

- [ ] **1** Set a large pot over medium heat and let the extra-virgin olive oil warm up in it. Tip in the onion, celery, and red bell pepper, season with the fine sea salt and the freshly ground black pepper, and give the vegetables 6-8 minutes to soften, stirring now and then. Work the garlic, crushed red pepper flakes, smoked paprika, and no-salt-added tomato paste into the pot and keep everything moving for 1-2 minutes.
- [ ] **2** Stir in the low-sodium vegetable broth or low-sodium seafood stock along with the no-salt-added canned crushed tomatoes, juices and all, then bring everything up to a boil. Drop in the quartered white potatoes, turn the heat down to low, and cover the pot, letting it simmer for 15-20 minutes or until the potatoes are tender.
- [ ] **3** As soon as the potatoes have gone tender, raise the heat back to medium and add the littleneck clams together with the lemon zest and the freshly squeezed lemon juice. Keep the lid on for 3 minutes. Add the shrimp and the white fish next, cover once more, and simmer about 5 more minutes, by which point the clams should have opened and the shrimp and fish should be firm and opaque. Stir the fresh parsley and fresh oregano through and serve straight away.

General information, not medical advice.

Estimates vary with brands and portions.