

# Cilantro Lime Seafood Stew

Chef michelle - Aldi Test Kitchen  
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## Servings: 16

*1/4 cup vegetable oil  
2 cups onion, chopped  
2 cups jalapeno, chopped  
4 tablespoons garlic,  
chopped  
6 cartons (32 ounce ea)  
vegetable stock, divided  
4 bay leaves  
3 pounds Yukon Gold small  
potatoes, halved  
2 teaspoons salt  
2 teaspoons black pepper  
6 cups bias sliced carrots  
8 ears corn, husked and cut  
into one-inch slices  
8 cups packed cilantro  
1 cup lime juice  
2 packages (12 ounce ea)  
jumbo scallops, thawed  
4 packages (12 ounce ea)  
jumbo easy peel raw  
shrimp, thawed and peeled  
2 packages (14 ounce ea)  
mussels in natural juice*

## Preparation Time: 25 minutes

### Cook Time: 50 minutes

In a twelve-quart stockpot, heat the oil over medium-high heat. Saute' the onions, jalapeno and garlic until tender, about 5 minutes.

In a blender, puree' the cooked onion mixture with two cups of vegetable stock.

Return the puree'd onion mixture to the stockpot. Add the remaining vegetable stock, bay leaves, potatoes, two teaspoons of salt and two teaspoons of pepper. Cover. Bring to a boil. Reduce the heat and simmer for 20 minutes.

Add the carrots and corn. Cover and simmer for 10 minutes or until tender.

In a blender, puree' the cilantro and lime juice. Add it to the pot along with the scallops, shrimp, and mussels. Cover. Bring to a boil. Reduce the heat. Simmer for 10 minutes or until the shellfish is cooked through. Season to taste with salt and pepper.

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Per Serving (excluding unknown items): 143 Calories; 5g Fat (28.4% calories from fat); 4g Protein; 23g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 884mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1 Fat.