

Cioppino

Star Pooley

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Servings: 10

*1/2 cup butter
1/3 cup olive oil
2 cups chopped onions
2 cloves garlic, minced
1 cup chopped fresh parsley
2 cans (14.5 ounce ea) stewed tomatoes, cut up with the juices
3 cups low-sodium chicken broth
1 1/2 cups dry white wine
1 1/2 cups water
2 bay leaves
1 tablespoon dried basil, crushed
1/2 teaspoon dried thyme, crushed
1/2 teaspoon dried oregano, crumbled
1 1/2 pounds large shrimp, peeled and deveined
1 pound bay scallops
18 small clams scrubbed
18 large mussels, scrubbed and debearded, if necessary
1 1/2 cups cooked lump crabmeat*

Preparation Time: 40 minutes

Heat the butter and oil in a six-quart stockpot over medium-low heat until the butter melts, about 5 minutes. Add the onions, garlic and parsley. Cook, stirring occasionally, until the onions are soft, about 12 minutes.

Stir in the tomatoes, chicken broth, wine, the water, bay leaves, basil, thyme and oregano. Bring to a boil. Reduce the heat and simmer, covered, for 30 minutes.

Stir in the shrimp, scallops, clams, mussels and crabmeat. Return to a boil. Reduce the heat and simmer, covered, until the clams and mussels open, 5 to 7 minutes. Remove and discard the bay leaves and any unopened clams or mussels. Ladle the soup into bowls.

Per Serving (excluding unknown items): 344 Calories; 19g Fat (52.2% calories from fat); 29g Protein; 11g Carbohydrate; 2g Dietary Fiber; 151mg Cholesterol; 383mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; 3 1/2 Fat.