

# Cioppino (Seafood Stew)

by: Jeannette Stutzman

1 T avocado or olive oil  
2 leeks (white part only, sliced)  
1 red bell pepper (dice)  
½ large shallot (dice)  
2 ribs of celery (slice)  
1 fennel bulb (slice)  
2 T chopped garlic

32 oz can crushed tomatoes  
Small can tomato paste  
2 bottles of clam juice  
4-5 cups vegetable broth  
2 bay leaf (whole)  
Couple dashes worchestershire  
Splash of fish sauce (to taste)  
A little red pepper flakes (to taste)  
Salt and pepper

2 cups shrimp (seared)  
8-10 oz cod (large cubes, seared)  
1 package (10-12) calamari (cleaned and seared)

5 oz clams (fresh, frozen or canned)

Fresh Parsley

Rough dice and sweat the vegetables in a tablespoon of olive or avocado oil over medium low heat till shallots and celery are translucent. Add the tomatoes and broth through salt and pepper and simmer for at least 30 minutes. Separately sear off the shrimp, fish and calamari and add to the soup. Cook at medium heat for about 10-15 minutes to incorporate the flavors and then add the clams. Heat through. Check for seasoning. Garnish with parsley.  
Enjoy!

Lean is 7 oz of the fish and shellfish. The green is the veggies. You can add a small green salad with 2 healthy fats.

