



Zesty Cioppino

MyPlate2Yours - Lynn Dugan

Ingredients

2 tablespoons olive oil
1-1/2 cups diced sweet onion (1 large)
2 green peppers, diced
1 cup sliced mushrooms (8 ounces)
1 clove garlic, minced
1 teaspoon each: dried basil and dried oregano
1/4 cup fresh parsley, chopped
1/4 teaspoon salt
1/8 teaspoon red pepper flakes
Ground black pepper, to taste
2 cans (16 ounces each) diced tomatoes
6 ounces tomato paste
1 cup white wine
1 cup vegetable broth
6 ounces canned all-white crabmeat
1 pound frozen shrimp, shelled and deveined
8 ounces firm white fish fillets (cod or halibut)
12 fresh mussels, rinsed with beards removed

Directions

Heat the oil in a large saucepan over medium-high heat. Add the onion and bell pepper. Cook, stirring occasionally, until softened, about 2 minutes. Stir in mushrooms, dried herbs, salt, and red pepper. Cook until mushrooms are softened, about 2 minutes. Stir in 2 tablespoons of fresh parsley, diced tomatoes, tomato paste, wine, and broth. Heat to a boil, reduce heat and simmer for about 10 minutes.

Stir in the fish. Make sure pieces are submerged. Adjust heat for fish to cook in a slow boil until fish is cooked through, about 5 minutes. Stir in crabmeat, shrimp and mussels. Heat until mussels open and shrimp is opaque, about 5 minutes. Serve hot with crusty bread! Enjoy!

