

# SEAFOOD STEW

Yield: 6 Servings



**TOTAL TIME:** 35 minutes

## INGREDIENTS

- 2 Tbsp. Wegmans extra-virgin olive oil
- 1 pkg. (8 oz.) Food You Feel Good About cleaned & cut leeks, ¼" sliced
- 1 pkg. (7 oz.) Food You Feel Good About diced mirepoix
- 4 containers (4 oz. each) Wegmans Bouillabaisse Seafood Sauce (Prepared Foods)
- 1 bag (2 lbs.) Food You Feel Good About mussels
- 12 Food You Feel Good About littleneck clams
- 1 lb. any skinless whitefish, cut in 1-inch chunks
- 8 oz. Food You Feel Good About uncooked easy peel shrimp (31–40 ct.), peeled

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## PREPARATION

1. Add olive oil to braising pan on medium-high. Add leeks and mirepoix: cook 5–7 min.
2. Add bouillabaisse sauce and bring to simmer. Add mussels, clams, fish, and shrimp. Stir to combine; cover and simmer on medium-low about 15 min., stirring occasionally until clams and mussels open. (Discard any clams/mussels that have not opened.)

## NUTRITION

**Per serving:** Calories: 170; Fat: 6 g (1 g saturated fat); Cholesterol: 65 mg; Carbohydrates: 6 g; Fiber 1 g; Protein: 20 g; Sodium: 230 mg.

Recipe courtesy of Wegmans