Cioppino (Seafood Stew)

Meat/ Meat Alternate

Vegetable

Cioppino (Seafood Stew)

Helpful Hints

Cioppino is a traditional San Francisco seafood stew. It usually has shellfish in it. This recipe does not but we encourage you to add it to yours.

Serving Size: 1 cup
Credit As: 2 oz M/MA and 3/4 cup mixed vegetable

INGREDIENTS	25 SERVINGS	75 SERVINGS
Canola oil	2 Tbsp + 1 tsp	1/4 cup + 2 Tbsp
Onion, **carrots**, **celery**, **bell pepper**, chopped	3 1/2 cups each	2 qts + 1 1/2 c. each
Zucchini	1 quart + 3 cups	1 gallon + 3 quarts
Tomatoes, canned, diced w/juice	1 quart + 2 cups	1 gallon
Tomato paste	3 Tbsp + 1 1/2 tsp	1/2 cup + 2 Tbsp
Red wine vinegar	1/4 cup + 3 Tbsp	1 cup + 3 Tbsp
Chicken broth	3 qts + 2 cups	2 gals + 1 qt + 2 cups
Garlic powder	2 1/2 tsp	2 Tbsp + 1 1/2 tsp
Parsley, dried flakes	1 3/4 tsp	1 Tbsp + 1 1/2 tsp
Thyme, dried, ground	1 tsp	3 tsp
Basil, dried flakes	1 tsp	3 tsp
Black pepper	1/2 tsp	1 1/2 tsp
Salmon, cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
White fish, boneless, skinless cut into 1" chunks	2 lbs. 3 oz.	6 lbs. 9 oz
Cornstarch	1 3/4 tsp	1 Tbsp + 2 1/4 tsp
Water	1/4 cup	3/4 cup

DIRECTIONS

1. Heat oil in a large, heavy bottomed stock pot over medium/medium high heat. Add onion, carrot, celery, bell pepper and salt. Saute lightly, about 5 minutes, or until onion starts to become translucent.
2. Add zucchini, diced tomatoes, tomato paste, red wine vinegar, chicken broth, garlic powder, parsley, thyme, basil and black pepper. Bring to a boil then turn heat to low and simmer about 40 minutes.
3. In a small cup, whisk together the cornstarch and water to make a slurry.
4. Add salmon, white fish and the cornstarch and water slurry to the stew and stir to fully combine.
5. Simmer for 15 minutes more or until the fish is fully cooked.

   CCP: Heat to 165°F or higher for 15 seconds.
6. Serve immediately or hold for hot service. Use 8 oz. ladle to serve 1 cup servings.

   CCP: Hot hold at 135°F or higher.

Nutrition Facts
Serving Size (408g)
Calories 170
Calories from Fat 60

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
Total Fat 6g	9%	**Total Carbohydrate** 11g	4%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	12%
Trans Fat 0g		Sugars 6g	
Cholesterol 40mg	13%	**Protein** 17g	34%
Sodium 850mg	35%		

Vitamin A 90% • Vitamin C 70% • Calcium 6% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g