

Seafood Cioppino



Seafood Cioppino is a hearty Italian-American stew that originated in San Francisco. This keto version is loaded with a variety of seafood in a rich tomato and red wine broth, infused with herbs and spices, making it a satisfying and flavorful meal.

Ingredients for 2 serving (US/Metric)

- 4.5 *cup* Shrimp
- 1.5 *tbsp* Olive oil
- 2 *pieces* Garlic Cloves
- 1 *cup* Onions
- 90g / 3.2oz Red Bell Pepper
- 1 *cup* Celery
- Canned diced tomatoes
- 225g / 7.9oz Broth
- 5.5 *tbsp* Red wine vinegar
- Italian seasoning
- 2.5 *tsp* Red pepper flakes
- Salt & pepper to taste
- Fresh parsley

Nutrition (US/Metric)

- **Protein:** 43%
- **Fat:** 36%
- **Net carbs:** 21%

Instructions

- **Prepare Seafood:** Clean and prepare all seafood. For mussels, scrub and debeard; for shrimp, peel and devein.
- **Cook Aromatics:** In a large pot, heat olive oil over medium heat. Add garlic, onion, bell pepper, and celery. Cook until vegetables are softened, about 5-7 minutes.
- **Simmer Broth:** Add canned tomatoes, chicken broth, red wine, Italian seasoning, and red pepper flakes to the pot. Bring to a boil, then reduce heat and simmer for 20 minutes to blend the flavors.
- **Add Seafood:** Add all the seafood to the pot, cover, and cook for about 5-7 minutes, or until the seafood is cooked through and mussels have opened (discard any that do not open).
- **Season and Serve:** Season the cioppino with salt and pepper to taste. Ladle into bowls and garnish with chopped fresh parsley.