



Total Time
45 MIN.

Serving & Size
1 CUP



Difficulty
EASY

Yields
24

Travel to Mexico by tasting this seafood-based stew that uses Salsa as a base and fills up with black beans, fish, shrimp and corn with a cilantro finish.

| Nutrition Facts | |
|---------------------------------|----------------|
| Serving Size | 1 CUP |
| Amount Per Serving | |
| Calories 196 | |
| | % Daily Value |
| Total Fat 4.3g | 7% |
| Saturated Fat 0.9g | 5% |
| Cholesterol 49mg | 16% |
| Sodium 714mg | 30% |
| Total Carbohydrate 27.1g | 9% |
| Dietary Fiber 5g | 20% |
| Protein 12.5g | 25% |
| Vitamin A 21% | Vitamin C 104% |
| Calcium 7% | Iron 6% |

| INGREDIENTS | WEIGHT | MEASURE |
|--------------------|---------------|----------------|
|--------------------|---------------|----------------|

| | | |
|---|-------|------------|
| vegetable oil | | 2 tbsp. |
| Vidalia onion, minced | 4 lb. | 3 qt. |
| cumin, ground | | 1 tbsp. |
| assorted bell peppers (green, red, yellow), diced | 2 lb. | 2 qt. |
|  Pace® Chunky Salsa- Mild | | 1 qt. |
|  V8® 100% Vegetable Juice | | 2 qt. |
| water | | 1 qt. |
| low sodium black beans, canned, rinsed, drained | 2 lb. | 1 qt. |
| frozen whole kernel corn, thawed | 2 lb. | 1 qt. |
| white fish fillet (cod, haddock, or halibut), cubed, 1-inch | 2 lb. | 1 1/2 qt. |
| shrimp, peeled, deveined | 1 lb. | 1 qt. |
| cilantro, minced | | 1 cups |
| baked corn tortilla chips, crushed | 2 oz. | 1 1/2 cups |
| light sour cream | | 3/4 cups |



INSTRUCTIONS

1. In soup pot heat oil over medium-high heat. Add onions. Cook 4 minutes. Add cumin. Continue cooking 1 minute. Stir in peppers and sauté 6-8 minutes more.

2. Pour in Pace® Chunky Salsa, V8® 100% Vegetable Juice and water. Bring to a boil. Reduce heat. Simmer stew base 10 minutes.

3. Stir in black beans and corn. Return to a simmer. Cook 5 minutes.

4. Add fish and shrimp. Cook 3-4 minutes.

CCP: Heat to an internal temperature of 165°F. or higher for 15 seconds.

CCP: Hold hot at 140°F or higher for service.

5. Just before service, stir in cilantro.

6. **To Serve:** Using an 8 oz. ladle, portion 1 cup stew into a bowl or soup plate. Top with 1 tablespoon crushed tortilla chips and a 1/2 tablespoons sour cream, if desired.