



Slow-Cooker Seafood Stew



1/6th of recipe (about 1 1/3 cups): 181 calories, 1.5g total fat (0.5g sat. fat), 552mg sodium, 14g carbs, 2g fiber, 4.5g sugars, 26g protein

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Prep: 15 minutes **Cook:** 3 - 4 hours *or* 7 - 8 hours



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Ingredients

3 1/2 cups low-sodium vegetable broth
One 14.5-oz. can stewed tomatoes (not drained)
One 6.5-oz. can chopped clams in juice (not drained)
2 cups chopped kale
1 cup chopped onion
1 tbsp. chopped garlic
2 tsp. ground thyme
1 lb. raw tilapia, cod, or sea bass, cut into 1-inch pieces
8 oz. (about 16) raw large shrimp, peeled, deveined, tails removed
1 dried bay leaf
1/4 cup instant mashed potato flakes
1/2 cup chopped scallions
Optional seasonings: salt and black pepper

Directions

Combine broth with tomatoes in a slow cooker. (A 4-qt. slow cooker is best.) Add clams, kale, onion, garlic, and thyme. Mix well.

Add fish, shrimp, and bay leaf, and gently stir to mix.

Cover and cook on high for 3 - 4 hours *or* on low for 7 - 8 hours, until fish and shrimp are fully cooked.

Add potato flakes and scallions, and stir until uniform. Remove bay leaf.

MAKES 6 SERVINGS

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